

# THE FRENCH COOK

Prescribing the way of making ready of all sorts of Meats, Fish and Flesh, with the proper Sauces, either to procure Appetites, or to advance the power of Digestion : with the whole skill of Pastry-work.

Together with a Treatise of Conserve,  
both dry and liquid, a la mode de France.

The second Edition, carefully examined, and compared with the originall : and purged throughout, from many mistakes, and defects ; and supplyed in diverse things, left out, in the former impression.

With an Addition of some choise receipts of Cookery lately grown in use amongst the Nobility and Gentry, by a prime artificer of our own Nation.

---

Written in French by Monsieur De La Varenne,  
Clerk of the Kitchin to the Lord Marquess of  
Uxelles, and now Englished by I. D. G.

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Fleetstreet, 1654.



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TO THE  
RIGHT HONOURABLE  
JOHN  
Earl of TANNET, &c.  
My very good Lod.

My Lord,

Of all Cookes in the  
World, the French  
are esteem'd the best  
and of all Cookes  
that ever France  
up, this may very well challenge  
the first place, as the neatest and  
compleatest that ever did attend  
the French court and Armies, I  
have taught him to speake En-  
glish, to the end that he may be  
able

## The Epistle Dedicatory.

able to wait in your Lordships Kitchin, and furnish your Table with several sauces of *haut goſt*, and with dainty *ragouſts*, and sweetmeats, as yet hardly known in this Land. I hope your Honor will forgive my boldness of begging your Lordships Patronage, in his behalf, entreating your Honour to consider, that having first set out his ſkill in *French*, under the protection of a *French* Marquess, he now as a stranger, which humbly crave to be sheltered under the luſtre of your honourable name, that ſo with the ſame credit and confidence, he may impart his ſkill for the publicque good, in teaching every body how to continue and prolong comfortably by a well reliſhed diet, the sweet marriage

of Soul and body. Besides, my Lord, your former commands are indeed the first and chiefe cause of my presuming thus far, esteeming it to be a part of my duty, which will never be ſatisfied untill ſome better occaſion do furnish me with a more ſerious ſubject, whereby I may let all the world know, that all my ambition is to deserve the glorious title of

Your Lordships moſt  
humble Servant,

Du. Fresne.



## To the Reader

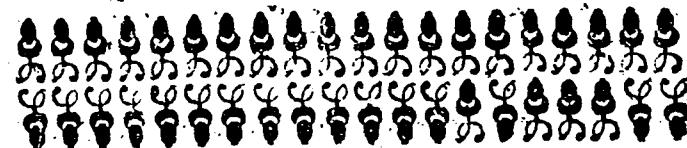
Courteous Reader,

**I** was desired by a Noble Knight to English this Book; besides being solicited and intreated about the same, by many of my Friends, and persons of good quality, I have taken the pains to do it, as punctually and exactly as the matter could give me leave, endeavouring to make it intelligible for every body. As concerning some few words which are not Englished, they are words of things which are not in England, or some words of art, which you will find expained in a Table set before the book. I have had all the care possible to make it compleat and ea-

## To the Reader.

eaſie, to the end that it may be usefull, not onely for Noblemen and Gentlemen, but also for every private family, even to the Husbandman or Labouring man, wheresoever the English tongue is, or may be used. If you doe accept of it for your own use, as kindly, as I do give it heartily to the publick, I am fully satisfied for all my labours, wishing that you and I may long enjoy the comfortable refreshments therein. Farewell.

For



FOR THE  
High and Mighty Lord,  
*Lewis Chaalon Du Bled*,  
Counsellor of the King  
in both his Counsels of State  
and Privy-Council, Knight  
of his Orders, Baron of  
Tenar, Marquese of  
Uxelies, and of  
Cormartin, &c.

My Lord,

Although my condition  
doth not afford me a  
Heroick heart, it gives  
me nevertheless such a one, as



## The Epistle Dedicatory.

not to be forgetful of my duty. During a whole tenne years im-  
plement in your house, I have  
found the secret how to make  
meates ready neatly and dainti-  
ly. I dare say that I have exer-  
cised this profession with a great  
approbation of Princes, Mar-  
shals of *France*, and an infinite  
number of persons of quality,  
who did frequent your Table in  
*Paris*, and in the Armies,  
where you have forced Fortune  
to grant your Virtue some Offi-  
ces worthy of your courage. I  
think, that the publique ought  
to Profit by this experience of  
mine, to the end it may owe un-  
to you all the utility, which it  
will receive thereby. I have  
therefore set downe in writing  
what I have so long practised in

your

## The Epistle Dedicatory.

your service, and have made a  
small Book of it, bearing the ti-  
tle of Clerk of your Kitchin.  
But, as all what it doth contain,  
is but a lesson, which the desire  
of pleasing you hath caused me  
to learne, I thought it ought to  
be honoured with your name,  
and that without sinning against  
my duty, I could not seek for it  
a mightier prop than yours: It  
is a token of the passionate de-  
sire I alwaies had, and shall have  
all my life time to serve you.  
Therefore, my Lord, use your  
accustomed generosity, doe not  
despise it, though it be unwor-  
thy of you. Consider that it is a  
treasure of the Sauces, the taste  
whereof did once please you; &  
to conclude, that it is a Master-  
peece.

# The Epistle Dedicatory.

peece comming from the hands  
of him, who will be all his life  
time,

My Lord,

Your most bumble, most  
obedient, and most  
obliged Servant,

Francis Peter,  
(alias)  
La Varenne.

Friendly

Friendly Reader,

I have thought it fitting to give you  
some advise concerning the designe  
and use of this Book, whereof I am  
the Author, without vanity. My in-  
tention is not to displease or offend any,  
though I doubt not, but that some ill-  
willers, or envious persons, will speak of it  
at randome; but to serve and succour  
them who shall stand in need of it, where-  
of many having not the experience, or  
the memory in readiness, will not, or  
dare not intrude to learne what they  
know not, partly through pride, and part-  
ly also through some other considerati-  
on. Some beleive they wrong themselves  
in taking counsel concerning that  
which, belike, they ought to be skilfull  
in. Some others, having no acquaintance  
with those who could teach them, are  
ashamed to present themselves without  
a reward, which their want cannot give  
them leave to reach to. Therefore be-  
cause I love dearly them of my calling  
I have esteenised it my duty to impar-

unt

## To the Reader.

unto them: that little which I know, and so deliver them out of this trouble.

As for the use, I have made you up four services, before each of them, you wil find the Table, and then the discourse following after; and have divided them according to the several fashions of the meals used in Flesh dayes, Fish dayes, and Lent, and specially Good-friday. I have added many other generall things, whereof you haue the tables and discourses. I have intermixed the Tables, and the making of Pastryworks according to the seasons, and other small household curiosities, usefull for all sorts of persons. If you find some Articles in the Tables, which be not in the discourse, blame me not, I have omitted them because they are common, and I have put them in the Tables to put one in mind of them. Lastly, for a recompence, dear Reader, I ask you nothing else, but that my labour may be profitable and acceptable to you.

## The Brooke-seller to the Reader.

Ourcous Reader; This Book, the matter and title whereof doe seem new, because the like was not as yet printed, will not be, as I think, unfruitfull. There haue been many Books and which have been well accepted of, as the charitable physician and others, for remedies and the healing of sicknesse with little cost, and without the use of Apothecaries. But this book, which tends onely to the preserving and the keeping of health in a true & constant course, by teaching how to correct the vicious qualities of meats by contiary and severall leasonings; the scope whereof, I say, is only to afford unto man a solid nourishment, well dressed, & conformable to his appetites, which are in many the rule of their life, and of their looking well, ought, as I think, to be of no lesse consideration, since it is sweeter by farre to make according to one's abilitie an honest and reasonable expence in sauces, and other delicacies of meats, to cause life and health to subsist, then to spend vast summes of money in drugs, medicinall herbs, potions, and other troublesome remedies for the recovering of health. This hath perswaded me, after many sollicitations of my friends, to let.

The

Let it see the light, and to set it forth in this great City, wh.ch makes profit of all, rejects nothing, and where what is not fit for one, is usefull for another. It's author hath told you what use and profit it may bring. And I dare boldly enhanse it , and say , that it is not onely usefull, but also necessary, because that it doth not onely set out the finest and daintiest fashions of making ready meates, pastry works , and other things which are served upon great mens tabl.s , but he gives you also the precepts of the most common and most ordinary things, which are used in the food of households, which onely make a regulated and moderate expence, and in the making ready of which, many doe amisse in the too much or too little; he doth teach you the fashions of a thousand kinds of herbs, and pulse , and other virtualls, which are plentifull in the countrey, in their seasons, where the most part are ignorant how to make them ready with credit and contentment ; and thus it is cleare , that with great reason I have done this good service to the publick, not onely for daintiness, but also for necessities sake, considered also, that France carrying it above all other nations in the world in point of civilitie, courtesie, and comcliness in every kind of conversation, is not lesse esteem-ed for it's comely and dainty fashion of feeding. And the City of Paris carrying it farre above all other provinces, as the Metropoli-

tan head City , and the seat of our Kings, doubtlesse her inferiors will in this follow the esteeme that she will make of it. And I hope, that since I doe give her the first fruits of it, she will accept of them kindly, and others will imitate her: After which other Nations may very well be stirred forward to conforme themselves to her, who as she doth excell in all what belongeth to life, cannot be ignorant of the meanes how to preserve it contented and peaceable, by the use of such things as doe maintaine it , and cause it to subsist. I may assure you that for my part I have had a most speciall care to set it in it's luster, and to inrich a little its matter, which perhaps will seem to some criticks, to be less worthy of precepts ; but the most judicious will judge otherwise, and will consider, that all the books both antient and modern, being for the most part for the nourishment of the spirits , there was good reason , that the body, without the good disposition of which it cannot act , should have a share in it, and specially in a thing so necessary for its con-servation. Enjoy it, courteous reader, whilst I will study how to put forth to sale some thing which will deserve your more elevated and solid occupations.

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## An Alphabetical table for the explaining of the hard and strange words contained in this Book.

### A.

#### Abbatis, or Abatis.

They are the purtenances of any beast, viz. the feet, the eares, the tongue, &c. They are also the giblets of any foul. viz. the neck, wings, feete, gisard, liver, &c.

#### Andovilles.

They ore the great guts of pork or beef, filled up with thinne slices of tender meat, or small guts of pork well seasoned with pepper, salt, fine herbs, &c some do call them Chitterlings.

#### Andovilletts.

They are balls, or roundish small peeces of minced flesh well seasoned.

#### Aricot, or Haricot.

It is mutton sole, with a few turnips, some wine, and tostes crumbled among; It is also made of small peeces of mutton, first a little sodden, then fryed in seame with sliced onions; and lastly, boiled in breafy.

briath with parsley, l'sop, and sage; And in another fashion, of livers boiled in a pipkin with sliced onions and lard, verjuice, red wine, and vinegar, and served up with toasts, small spices, and sometimes chopped haerbs.

## A Table.

### Cornet.

It is a Coffin of paper, such as the groffers doe put and wrap fruit, or splices in.

### B

Blanch, to scald, parboil, or p'umme up.

### Beatilles.

They are all kinds of ingredients, that may be fancied, for to be put together into a pie, or otherwise. v. z. Cock's combes, stones or kidnies, small breads of veale, mushrooms; bottoms of hartichockes &c.

### Beatilles of Pulletts.

They are the gib'ets.

### Bard.

It is a sheet of lard or bacon.

### Barbillons.

They are the second skin of the pallats of beeves.

### Brignols.

They are a kind of plummies which grow beyond sea.

### C.

### Cervelats.

They are a kind of great saudiges made beyond sea.

### Cardes.

They are the ribs of beeves, of harts, of hoochicks, and such like.

### Cardons.

### Cardeaux.

### Chapiteau.

It is any work set over the lid of a pie.

### Coquemare.

It is a long brasen pot.

### Cornet.

### E

### To endore

It is to wet, or daube with some liquor, as one doth a pie or cake before it be put in the oven.

### F.

### Fleurons.

They are small peeces of pufi pastie fryed.

### Fricassee.

It is a frying with a sauce.

### Farce.

It is any thing made up for to stuffe any meat with.

### To farce.

It is to stuffe, or fill up any meat.

### G

### Gaudiveaux.

They are forced meat of veale, that is, meat of veale minced, seasoned and wrought into small long peeces like chitterlings.

### H

### Hash.

It is minced meat.

### L

### Lard.

It is fat bacon.

### Lardons.

They are small long slices of Lard

### To Lard.

It is to stick any meat with slices of lard.

They

# A Table.

Meane Lard

*They are slices of lard, of a middle size.*

Great Lard.

*They are big slices of lard.*

Litron.

*It is a measure of one pinte, or a little more.*

Legumes.

*They are all kinds of pot herbs, as also any fruit growing in a garden, as cowcombers, artichokes, cabbidge, meloons, pumpkins, &c.*

M

Morilles.

*They are a kind of excellent small red mushrooms.*

P

Pignons.

*They are pine-apple kernels*

*To pasle in the panne.*

*It is to fry a little, or to parboile in the frying panne.*

R

Ragouſt.

*It is a ſauce, or meat prepared with a haſt gouſt, or quick or ſharpe taste.*

Ramequin.

*It is a kind of toſte.*

T

Trouffles, or Truffles.

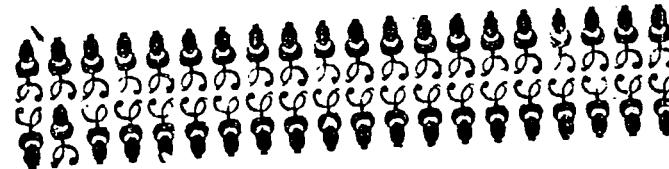
*They are a kind of muſhrum.*

Tourte.

*It is a kind of a great cake.*

A Tourte-panne.

*It is a pan made of purpose for to bake a tourte.*



A Table of Viands, which are to be had, and are usually ſerved at diverse ſeasons of the year.

From Easter to Midsomer.

Cramm'd Pullets	Young Culvers
Turkies of that year.	Young Turtle doves
Green geefe.	Young Pheſants
Lambs.	Young Quailes
Dovehouse Pidgeons or Culvers	Leverets
Leverets	Wildboares
Young wild boares	Turkies
Partridgues	Caponets
Pheſants	Dovehouse pidgeons
Smal birdes	Corn fed Pullets
Young rabits	Sea hens
From Midsomer to October.	Fat green Geese
Young Partridgues	Railes
	Small birds
	Young wild Duck
	Fawnes
	Kidds
	Snipes

Snipes  
 From the first of  
 October to Lent.  
 Fat Capons  
 Fat Pullet  
 Spayed Pullet of  
 Normandie  
 Capons  
 Fat hens to boyl  
 Turkie henns  
 Turkie Cocks  
 Lambs  
 Leverets  
 Partridges  
 Woodcockt  
 Wood Quests  
 Plovers Sarcelles  
 Rouges

Wood Pheasants  
 Water foul  
 Woed henne  
 Snipes  
 Fieldfares  
 Thrushes  
 Pulletts  
 Curlues  
 Dovehouse pigeons  
 Fat Quailes  
 Combs  
 Givars  
 Fat powdered Ceese  
 Larkes  
 Duck  
 Sucking piggs  
 Water henns  
 Hernes  
 Sea Smallowes



## The French Cook.

The manner of making the broath  
 for the feeding of all Pots, be it of Pot-  
 age, first course or intercourse (middle  
 service.)



Take knuckles of beefe, the hinder part of the rump, a little mutton, and some hens, according to the quantity of broth that you will have, put in meat proportionably, seeth it well with a bundle of partly, young onions, and thyme tyed together, and a few cloves; large mace, and some beaten cynamon, keepeing alwaies some warme water ready to fill up the pot againe. Then after all is well sodden, you shall straine them through a napkin for your use. And as for Roasted meat, after that you have taken the juyce out of it, you shall set it to boyle with a bundle of hearbs as above saide; seeth it well, then strain it, for to make use of it at your first courses, or for browne potages.

**A Table of the Potages that  
may be made for to serve up in the  
flesh dayes.**

**B**isque of young Pigeons.

Pottage of health.

Pottage of partridges with coleworts (or  
bidge)

Pottage of Ducks with turnips.

Pottage of pullets garnished with sparagus.

Pottage of marbled partridges.

Pottage of fricandeaux.

Pottage of marbled quailles.

Pottage of stocke doves garnished.

Pottage of profiteolles (or small vailes)

Queenes potage.

Princes potage.

Jacobins potage.

Pottage of cockerell

Pottage of teale with hypocrast.

Browne potage of Larks.

Pottage of young pigeons.

Pottage of teale with the juice of turnips.

Pottage of all manner of small foul.

Pottage of pullets with colly flowers.

Pottage of pullets with sharpe saunce.

White broth.

Pottage of young pigeons rosted.

Pottage of goose with fease broth.

Pottage of goose giblets.

Pottage of greene goose with greene pease

Pottage of poudred goose with pease broath.	27
Pottage of pullets with greene pease.	28
Pottage of pigeons with greene pease.	29
Pottage of salted porke with pease.	30
Pottage of younge Rabbets.	31
Pottage of Lambs purtenances.	32
Pottage of Larks with a sweet sauce.	33
Pottage of knuckle of veale.	34
Pottage of a breast of veale.	35
Pottage of thrushes.	36
Pottage of tortoise.	37
Pottage of sucking-pigge.	38
Pottage of minced mutton.	39
Pottage of knuckle of beefe.	40
Pottage of capon with rice.	41
Pottage of pullets with rice.	42
Pottage of knuckle of beefe with tailladin.	43
Pottage of the great pot.	44
Pottage of a calfe's head fried.	45
Pottage of fried mutton with turnips.	46
Pottage of knuckles of shoulders of mutton with sharpe saunce.	47
Pottage of rosted woodcock.	48
Halfe a bisque.	49
Jacobin's pottage with cheese.	50

4 *The French Cook.**How to make all kinds of pottage.**A Bisque of young pigeons.*

Take young pigeons, cleanse them well, and truss them up, which you shall doe making a hole with a knife below the macke, and thrusting the legs through them, that is, put them into the pot with hot water, or with pot broath, and cover them well; then put them in the pot with a small bundle of fine herbs, with an onion or two peeled and put in whole, a blade of large mace, and fill up your pot with the best of your broths, have a special care that it may not become black; then lay your bread, and stove it in the pigeon broath, then take up after it is well seasoned with salt pepper and cloves, garnished with young pigeons, cockes-combes, sweet-breads of veale, mushrooms, mutton juice, and lachess; serve it up, and garnish the brims of the dish with slices of lemon, and bries.

*2. Pottage for Heath.*

Take Capons, cleanse them well, truss them up, and put them in the pot with broath, and cover them, leaft the broath doe well blacke, season them with salt, a little white pepper, beaten cinamon, beaten cloves, mace, & Ruth them well with store of good herbs; in winter, where succory, then lay up and garnish with your herbs, viz. w

carduus, rub the bottome of your dish with a cloave of garlick, and parslie rootes, or succorie, and scalded grapes or carved turnips, and seive.

*3. Pottage of partridges with Coleworts.*

Cleanse them well, lard them with great lard, truss them, and put them in the pot with good broath; put also your colworts in the pot with your partridges; after they are sodden, you shall passe it to it a little melted lard, and season them with cloves & pepper, & salt, & some mace; then stove or soake your crusts, garnish them with sweet-breads of veale, or with saucidges, if you have any, and lemon, and salt on the dish sides, then serve.

*4. Pottage of Ducks with Turnips.*

Cleanse them, lard them with great lard, then passe them in the pan with fresh seame or melted lard; or else rost them on the spit three or foure turnes, then put them in the pot, and take your turnips, cut them as you will, whiten them, flower them and passe them in fresh seame or lard, untill they be very brownes; put them in your Ducks, seeth all well, and stove or soake your bread well, to the end that your pottage be thickned; If you have capers you shall mixe some with it, or a little vinger; take up, and garnish with Turnips, then serve.

*5. Potage of Pullet garnisht with sparagus.*

After they are well trussed up, whiten

them well, and put them in the pot with if you will, or lemon, then serve.

sheet of lard over them ; fill your pot with

your best broth, and season them with salt

and a little pepper, some cinammon, beaten

cloves and mace, a whole onyon peeled,

and a bunch of sweet hearbs, and let them

soak well, and season them with salt, then

not seeth too much; dry your bread and stove

your bread, and garnish it with your quailes,

or soake it, and garnish it with your pullets,

with mushrums, combs, lemon, and pistaches,

with sparagus fryed and broken, mushrums, then serve.

combs, or the giblets of your pullets, with a

few pistaches, and juice of mutton, and gar-

nish the brim of your dish with lemon, then

whiten, and lard them with middle fised

lard, then put them in the pot, and seeth

them well with seasoning of salt, and a sprig

of time, pepper whole, a little beaten ginger

lard them with great lard, and whiten and some large mace; soake your bread, then

them, then put them in the pot ; seeth them garnish it with your pigeons, bottoms of

well, and season them with salt, then hartichocks, and sparagus, then serve.

put in your bread and stove or soak it ; gar-

nish your pottage with it, and with mush-

rums, boyle them a little on the fire, put

ting therein some white almond broth and

some mutton juice, pistaches and lemon,

then serve.

7. *Pottage of Qyelckchoyses, or Liverings.*

Take a fillet of Veale, cut it very thinne,

trusse it very well, and cause it to take colour

in a tourt-pan, or betweene two dishes; put

the slices thereof into a small pot with some

of the best broth ; season them, soake your

bread, and garnish it with your liverings,

mushrums, sparagus, mutton juice, pistaches,

#### 8. *Pottage of stove Quailes.*

After they are trussed up and whitned,

and a little pepper, some cinammon, beaten

flower them, and pasie them with lard or

cloves and mace, a whole onyon peeled,

fresh seame, then put them in the pot, seeth

and a bunch of sweet hearbs, and let them

soak well, and season them with salt; soake

not seeth too much; dry your bread and stove

your bread, and garnish it with your quailes,

or soake it, and garnish it with your pullets,

with mushrums, combs, lemon, and pistaches,

with sparagus fryed and broken, mushrums, then serve.

#### 9. *Pottage of wood-pigeons garnished.*

Take wood pigeons, or other big pigeons,

whiten, and lard them with middle fised

lard, then put them in the pot, and seeth

them well with seasoning of salt, and a sprig

of time, pepper whole, a little beaten ginger

lard them with great lard, and whiten and some large mace; soake your bread, then

hartichocks, and sparagus, then serve.

#### 10. *Pottage of small vailes.*

Take foure or sixe small loaves, take out

of them all the crumme through a small hole

made at the top, take off the top and dry it,

with the bread, frie them with fresh seame or

lard, then soake your bread, with your best

broath, and sprinkle it with almond broath,

then put your loafes to garnish your pottage,

and fill them with combes, sweet breads of

veale, giblets, mushrums, and cover them;

put some broath therein untill the bread be

soaked ; before you serve, powre on it some

juice and what you have, then serve.

11. *The Queeens pottage.*

Take almonds, beat them, and boyle them with good broath, a bundle of hearbs, and a piece of the inside of a lemon, a few crums of bread, then scalon them with salt, have care they burne not, stire them often, and straine them. Then take your bread and soak it with your best broth, which you shall make thus. When you have taken the bones out of some roasted partridge or capon, take the bones and beat them well in a morter, then take some good broth, seeth all these bones with a few mushrumms and straine all through a linnen cloth, and with this broth soak your bread, and as it doth soak besprinkle it with almond broth, and with juice, then put into it a little of some very small minced meat, be it of partridge or capon, and alvvays as it doth soak, put in it some almond broth untill it be full; then take the fire shovell red hot, and hold it over it. Garnish your pottage with cockes combes, pistaches, granates, & juice, then serve.

12. *Princes's pottage.*

Take of the same broth as that of the Queenes pottage, taken out of rosted bones, soak a loafe of bread with the crust, and after a small hash of partridges, which you shall strevv upon your Bread, so thinn as it may not appear, soak it and fill it by little and little, Garnish it with the smalles Mushrumms, Combes, Kidneys, pistaches, Lemon,

mon, and much juice, then serve.

## Jacobin's pottage.

To make it vwell, take capons, or partridges, rost them, take out the bones, and mince the bravne of them very small; take also the bones of them, break them, and seeth them with broth in an earthen pot, with a bundle of hearbs, then straine them through a linnen cloth, soak your bread, lay it on a bed of Flesh, or of Cheeze, if you will a bed of Almond Broth, and boyle it vwell, and fill it by d. grees, then Garnish it with the small cndes of vving, without bones at on end; take three Eggs, with a little Almond Broth, if you have any, or other Broth, beate them together, and povvre them on your pottage; hold the fire-shovell over it, then serve.

14. *Pottage of cockerels.*

Dresse and whit them, steeping them a while in fresh water, or in Broath, then put them in the pot, with some other broath vwell seasoned with salt; Take up, and Garnish them with all that you have remaining of Garnish, upon a loate soaked and serve.

15. *Pottage of Teales with hypocraft.*

Take Teales, dresse and cleans them vwell, whit them as above said, and bring stufed within with some lard, frie them a little within lard, or fresh seame, then put them in the pot; When they are almost

sodden, you shall throw in it some plummies, with a piece of Sugar, and shall Garnish your potage with the Teals and Plummes.

16. *Brown Pottage of Larks.*

Take Larks, and draw them, whiten them, flower them, and passe them in the pan with Butter, Lard or fresh seame, untill they be very browne, then put them in the pot with good broth, and a bundle of Hearbs, and boyle them, soake a loafe well, which you shall garnish with your Larks, Beefe Pallats Mutton juice and Lemon, then serve.

17. *Pottage of young Pigeons.*

Take young Pigeons, scald them well, and put them in the Pot with good Broth and a bundle of Herbs; boyle them well with a sheete of Lard, then take them out upon a soaked loafe, and garnish them with Har-tichokes and sparagus fryed, green pease or Lettice, then serve.

18. *Pottage of Teale with the juice of Turnips.*

Take Teales, and rost them, then put them in the pot with good Broth, next take some turnips, whiten them, flower them, and passe them in the pan, so that they be very browne, put them with your Teale and seeth them together, and when you will take them up, strain the turnips through a linnen cloth, wherewith you shall garnish your pottage, together with your Teale, and with Pomigranates, then serve.

19. *Potage of Beatilles.*

Take your Beatills, scald them well, passe them in the pan as a Fricasse of pullets, put them in the pot with good broth, and let them stew well, soake a loafe, which you shall Garnish with your Bearills, with much juice of Mutton & Rams kidnies, then serve.

20. *Potage of pullets with Colliflowers.*

Put them in a pot with good Broath, seeth them with a bundle of Herbs, and season them wel with Salt, Clove, Pepper, And grate a little Nutmeg or crust of Bread, when you are ready to serve, Garnish therewith your loafe soaked with Colliflowers, and Mutton juice, and serue.

21. *Potage of pullets in Ragoust.*

When they are rosted, cut them into quarters, then put them betweene two dishes after the manner of a Ragoust, with some Broath from the pot; soake your Bread in crust, and Garnish it with your pullets,

22. *Pottage of younge pigeons rested.*

Put them in the Pot with good Broath well seasoned vwith salt and clove, seeth them; then soake your crusts, and garnish them vwith your pigeons, and vwhat you shall have to put in it; have a care that your potage be brovvne, then serve.

23. *Pottage of greene-Goose with pease-Broath.*

Take Greene-Goese, or any thing else as you

will, put them in the pot and seeth them well, then take your pease and seeth them well, then passe them through a very fine strainer, and put your pease broath into a pot with a bundle of herbs, passe a little Lard in the pan, and when it is melted, throw it into the pot, and when you will serve, soake your bread with yout Geese-Broath, then power your pease-broath over it; Which to make green, you must not let your pease seeth outright, but when they are halfe sodden, stamp them in a Morter, and straine them with good broath; or if it is in winter, take Beetes or Sorrell; stamp and straine it, and power the juice about your pottage when you are ready to serve.

24. *Potage of Goose-giblets.*

Whiten them well, and put them in the pot with broath, a bundle of hearbs and a sheet of lard; seeth them well, so that being sodden they may shew white, soake your bread and garnish it with your giblets, which you shall whiten if you will, and put on them a few minced capars, then serve.

25. *Potage of greene Geese with Pease.*

Put your green Geese in a pot with Broath, after you have prepared and whitned them well; boyle and season them well. Frie your pease a little in the pan, then put them into a small pot with a little broath, and when they are well sodden, soake your bread, and Garnish it with your Geese and their Giblets.

lets, and with your pease whole or strained, then serve Garnished with Lettice.

26. *Potage of powdered Goose with pease Broath.*

Your Goose being well powdered, and cut into four quarters, if it be too much salted, water it, then lard it with great lard, and seeth it well; When your pease are sod, straine them through a strainer as pease-Broath, and season it well according to your pallate; Boyle your Goose a very little in this pease broath, soake your bread with other broath if you haue any in another pot, and over the pease broath you shall powre a little Mutton juice for to Marble it, then serve.

27. *Potage of pullets with green Pease.*

After your pullets are well scalded and trussed up, put them in the pot with good Broath; and scum them well: then passe your pease in the pan with Butter or Lard, and soake them with some Lettice whitned, that is, which you have sleeped in fresh water; soake also your Bread, and then Garnish it with your pull.t, pease, and lettice, then serve.

28. *Potage of pigeons with green pease.*

It is made like that of Pullets, but that if you will, you need not straine your Pease into Pease-Broth.

29. *Pottage of salt meate with pease.*

Seeth well your salt meat, be it Porke, or Gooſe

Goose, or any other ; take it up and powre your Pease-broth over it, then serve.

30. *Pottage of young Rabbets.*

When they are slayed, parboyle them, and pass them in the pan with Butter or Lard, then put them in the pot with good Broath, and a bundle of Hearbs, and seeth them as it is fytting, soake well your Bread and garnish it with your young Rabbets, Mushrums and Truffilles, and with what you have, then serve.

31. *Pottage of Purtenances of Lambs.*

After your Purtenances are well whitened, put them in the pot with good broth, a bundle of hearbs, and a shet of fat Lard or Bacon, seeth them well, and soake your Bread, and when you are ready to serve, powre white Broth over it.

32. *White Broth.*

Take a pint of strong broth from the boyling of your Purtenances, a pint of Sack, a quart of white wine, & put them into a pipkin together with a douzen of Dates cut in halffes prunelloes, some whole, or Cinamon, Ginger, Cloves and Mace, and halfe a pound of white Sugar, with the marrow of two or three bones, let these boyle till the marrow be enough, then take it from the fire and thicken it with the yolkes of Eggs being verily well beaten and strained through a clean cloth, then garnish it with Lettice, sucketts, candid lemon and wafers, and then serve it.

33. *Pot-*

33. *Pottage of Larks with a sweet sauce.*

Plume pull and draw them, then flower them, and pass them in the pan with Lard or fresh Seame, then put them in the pot with good Broth, halfe a pint of white wine, and halfe a pound of Sugar, and seeth them well; soake your Bread, Garnish it with your Larks, and serve.

34. *Pottage of Knuckle of Veale.*

Put your Knuckle of Veal in the Pot with good Broth, seeth and skim it well, put therein some white Succorie; soake your Bread, Garnish it with the Knuckle, Succorie and Mustrums, then serve.

35. *Pottage of a Brest of Veale.*

Blanch it in flesh water, then put it in the Pot with good broth, seeth it, and put therein some good Hebs, and a few Capers & Sampire, and all being well seasoned, take up your soaked bread, then serve.

36. *Pottage of Mavis, or Thrushes.*

Trus them up, and draw them, then flower them, and pass them in the pan with Butter or Lard, then put them in the pot with good broth, and seeth them well with a bundle of Hearbs; soake your bread, and garnish it with your Thrushes, Beefe-pallets, and Mushrums, then serve.

37. *Pottage of Tortoise.*

Take your Tortoises, cut off the head and boyle them in water, and when they are neer boy'd, put a little white wine therein, some fine

fine Hearbs, and some Lard. When they are boyled, take them out of the shell, and take out the Gall, cut them into peeces, and pass them in the pan with good butter, some beaten Cynamon, beaten Nutmeg, a little Ginger and a little salt, then stew them in a dish, as also your Bread, with some of your broth, garnish it with your Tortoises well seasoned, with Sparagus cut, with juice, and with Lemon, then serve

38. *Pottage of sucking pigge.*

After you have scalded it neatly, cut it into five peeces, blanch them in some broth or fresh water, and put them into the pot with good broth, put some fine hearbs to it, and a peece of Lard, but have a care they doe not boyle dry; soake your bread, and garnish it with your pigge, the head in the midst of the quarters, and the purtenance round about the dish, then serve.

39. *Pottage of minc'd Mutton.*

Take a legge of Mutton, mince it with beefe suet, season it with some beaten Nutmegge, a little pepper and some salt, and stew it in a pot, soake also your bread in a dish with the best of your broths; After this, garnish it with your minc'd meat, together with juice, combes, beatilles filled with dry bread, otherwise with peeces of bread of the length and bignesse of a finger, in the shape of Lardons, which you shall passe in the pan with good butter, untill they be browne, and

and as it were tosted, and soake it well also, then serve.

40. *Pottage of Knuckle of Peefe.*

Stew it well in a pot, untill it be almost boiled to peeces, and well seasoned with a bundle of Hearbs, Cloves, capers, Sampire, Mushrumis, Truffles; then soake your bread, and Garnish it with your Knuckle, and its implements.

41. *Pottage of Capon with Rice.*

Take a Capon, draw it well, and put it in the Pot with good broth well seasoned, take your Rice well pickt, wash and dry it before the fire, then seeth it by degrees with good broth; soake your bread, put your Capon upon it, and garnish it with your Rice; if you will, you may put some saffion to it, and serve.

42. *Pottage of Pulletts with Rice.*

It is made after the same way as the Capon; truss them up, put them in the Pot, and season them alike; Make your Rice ready the same way, your bread being soaked and Garnished as above said, serve.

43. *Pottage of Knuckle of Beefe with Tailladins.*

Blanch your Knuckle, seeth and season it well, and with the broath seeth also your Tailladin; you shall put it with an Onion stuck with Cloves, and a little thyme, then soake your bread, and Garnish it with the Knuckle and with your Tailladins, which are

are pieces of Bread of the length and bignesse of one finger, passed and fried in the pan with butter, or Lard, as aforesaid in the 38 Article; if you will, you may put some Saffron in it, then serve.

Capon with Tailladin, and all other meat is done the same way, and being made ready thus, it shall be called such meat with Tailadin.

44. *Pottage of the Boyler, or great pot.*

Soake some crusts of brown bread with some good broth out of your boyler, great pot, or beefe pot, seasoned with pepper, salt, a little minc'd parsley, some beaten Cynamon, whole mace, winter savory and time, then serve; the first cuttings of loaves boyled are served in the like manner, without parsley or pepper if you will.

45. *Pottage of a Calf's head fry'd.*

When it is sodden, take out the bones, and cut it into as many pieces as you will, then cut a few Oysters either pickled or rawe into small pieces, and mixe them with your meat, then season them with a little pepper, nutmeg and salt, then floyvre it and fry it with butter or lard, then soake your bread and garnish it with what you have fry'd; serve the dish well filled and garnished with mushrooms, pomgranats, or sliced lemons, juice of lemons and Capers.

46. *Pottage of fryed Mutton with Turnips.*

Take the upper ends of brests of Mutton, fry

fy them, and seeth them well, untill they bee fit to receive the turnips, which after you have cut them into slices or pieces, and also well fryed, you shall put with your Mutton well seasoned with clove, pepper, nutmeg, a blade or two of large mace, an onyon peeled and put in whole, salt and a bundle of herbs; soake your bread, and take up; if your pottage is not thick enough put a little flower into the broth for to thicken it, and mixe with it some white pepper and vinegar, then serve.

47. *Pottage of Knuckles of shoulders with Ragoust.*

When your handles or Knuckles are blanche in fresh water, flower them and passe them in the pan with butter or lard, seeth them in an earthen pan with all the implements which can abide seething, as Sparagus, mushrooms, truffles, soake your bread or crusts with good broth, and garnish it with your handles or knuckles, sparagus, mushrooms, and all what you have, then serve.

48. *Pottage of rosted Woodcocks.*

After they are rosted, put them in the pot with good broath and a bundle of herbs, and seeth them well; then soake your bread, and Garnish it with your woodcocks, and all what you have, then serve.

You may also make it in the same manner as of marbled partridge.

## 49. Halfe a Bisque.

Take pigeons somevwhat big, open them, and seeth them as the Bisque, whereof you will easily find the making, if you have recourse to the table; garnish and season them also the same way, so that it may be as good as the bisque, if you can, then serve.

## 50. Jacobin's potage with cheese

Take a capon garnished vvith his bones fitted, as vvinges and legs, and some cheese, vvhenceof you shall make as many beads as of flesh, and you shall besprinkle all with almond broath, if you can; If it be not thick enough, beat in it two or three eggs, and give it colour vvith the fire-shovell. Now to make your broath the better, stampe the bones, an boyle them vvith the best of your broaths, vwell seasoned; soak your bread, vvwhich you may garnish vvith pistaches, Lemons or Pomgranats, then serve.

## A Table of farced Potages.

## Potage of farced capons.

Potage of young pullets without bones farced.

## Potage of pullets farced.

Potage of young pigeons farced.

## Potage of farced ducks.

Potage of knuckles (or legs) of veale farced.

Potage

## The French Cook.

21

Pottage of breast of veal farced.	7
Pottage of calfe's head without bones farced.	8
Potage of lambe's heads without bones farced.	9
Potage of a leg of mutton farced	10
Potage of farced goose.	11
Potage of farced partridges.	12
Potage of turkie farced.	13

## 2. How to make the aforesaid farced Potages.

## 1. Potage of capons farced.

After they are well prepared, take out the bones at the necke, and fill them up with all kind of beatilles, as young pigeons, the flesh of capon well minced with beefe luet, and when they are well seasoned and trusled up, put them in the pot with good broath, seeth them, and soak your bread, which you shall garnish with your capons, and all sorts of beatills, and serve.

## 2. Pottage offarced cockerels without bones.

After they are prepared, take out the stomach bone, fill them up with *gédiveaux*, which you shall make with the flesh of veale minced with the raw yolkes of Eggs, chibbals, paifley, pepper, or splices according to your taſt, all ſeasoned with ſalt, and after they are truſſ'd up and whitned, put them in the pot, and garniſh them with good ſeafoning, soak them well, take up, and garniſh with what you have, and ſerve.

3. Pot-

## 3. Potage of pullets farced.

When they are well dressed, whiten them in fresh water, take up the skinne of them with the finger, and fill them with a farce made of veale or brawn of capon, with suet and yolks of eggs, all well minced and mixt together, seasoned with a little pepper, beaten nutmeg, beaten cloves and mace, cinnamon, and salt, trusse them up, and put them in the pot with good broath, soak your breade, garnish it with your pullets, hart-chok-bottoms, and sparagus, then serve.

## 4. Potage of young pigeons farced.

After they are well scalded, and prepared, the skin taken up, and filled as the pullets, blanch them in fresh water, and put them in the pot with good broath, seeth them proportionably, and season them with a sheet of lard, then soak your bread, and garnish it with your pigeons with their livers and wings, the juice of a leg of mutton rosted, and serve.

## 5. Potage of ducks farced.

Take out the bones at the neck, fill them up with all the good things you have, as young pigeons, mushrooms, sweet breads, and other like, make your farce of a lean piece of fresh porke, minced with raw yolkes of eggs, parsley, chibbals, pepper or such spice as you like best; sow your Ducks up again, blanch them in fresh water, and put them in the pot with good broath, seeth and season

season them well; temper a little flovver with broath to thicken your potage, then soak your bread, and garnish it with your ducks, and all what you have, then serve.

## 6. Potage of legs of veale farced.

Cut these legs as farre as the loyne, take up the skin of them very neatly, & trusse up the end of the handle or knuckle, then steepe them in fresh water; take the flesh of them & take out the sinewes, mince it with beefe or mutton suet, lard, yolkes of eggs, and fine hearbs; when all is well minced and seasoned, fill them, and put them in the pot with good Broath, boyle them, and put in some Herbs according to the season, or a little white Succory; soak your Bread, and garnish it with these leggs, which you shall blanch, with yolks of Eggs, and Verjuice if you will, then serve.

## 7. Potage of a farced breast of veale.

Take a breast of veale, open it at the neither end, make a farce with a little meate and suet, the crum of a loafe, and all kind of good Hearbs, mince and season all; blanch this breast, and put in the pot with good Broath; Seeth it with capers, Succory or Herbs mince'd, soak your Bread, garnish it if you will, and serve.

## 8. Potage of a calfe's head without bnes, farced.

After it is well scalded, take off the skinne thereof, seeth it, and when it is sodden, take out

out the bones, take out the brayns and the eyes, for to set them in their place againe. Mince well the flesh vwith Beefe suet or Marrovv, and raw yolks of Eggs, for to thicken the farce, then set the braynes and the eyes in their pace againe; When it is farced, sovv it neatly up, blanch it vwell in fresh vwater, and put it in the pot vwith good Broath; seeth it vwell, and next, take som Calfe's feet, and pasle them in Ragouyt, parboyle them in vwater, cleave them in the middle, and pasle them in the pan vwith Butter or Lard, put them into your pot vwith some Capers; then soake your Bread, Garnish it vwith this head and feet vwith the Cpers, and serve.

9. Potage of Lamb's heads without bones farced.

Do as vwith the Calfe's head; after they are vwell scalded, take up the skinne, seeth them, and vwhen they are sodden, take the meat of the h, and mince it vwith suet and lard vwell seasoned according to your liking.

feeth them vwell, and season them vwith f. Herbs; soake your bread, and Garnish

The French Cook.

tempered vwith verjuice, and serve.

10. Potage of a legg of mutton farced.

Take a legg or tvvo of Mutton, take out the bones, and mince the flesh very small vwith suet and Lard, then farce the strinne vwith it, and sovv it up very neatly, so that the end of the kniencle be very clean, and all vwell seasoned vwith salt and spice according to your tast; put it in the pot, and seeth it well with a bundle of Herbs, Capers, and Turnips; soake your bread, take up, and Garnish it with your Turnips, then serve.

Or you may farce a Legg of Mutton thus.

Take a Legg of Mutton, and raise up the skinne very neatly, and take out the flesh, then mince it with Beefe suet and sweet Herbs, and Spinage, and two penyworth of grated Bread very fine, then season it with a little Pepper, Nutmegg, Cloves and Mace, and salt; then put to it some Currans very wel wash't and pickt from stones and gravells; then put to it halfe a pound of Sugar, then breake in Eggs enough to binde it; then make up and stuffe the Mutton with it, then bake it in an Ovn, and Garnish it with the all vwell minced together, blanch it, then farced Meat that will not goe into the Legg, put them in the pot vwith good broath, and put white Broath to it, then serve.

Potage of Geese farced.

After they are prepared, take out the brisket, and farce them with what farce you will, then flower them, and put them in the

pot with good Broath; soake your bread and Garnish it with your Geete, with pease, Pease-Broath, or what you will, and serve.

12. *Potage of Partridges Without bones, farced.*

Take out the brisket, and take some Veal or some Capon-flesh, mince it, and season it according to your liking with salt and spicke or fine herbs; Farce your Partridges with it very neatly, put them in the pot with good Breath, and seeth them well with a bundle of Herbs, soake your bread, and Garnish about the dish with sparragus, and bottom of Hartichoaks, then serve.

13. *Potage of Turkie farced.*

After it is well prepared, take out the brisket, and take Veal and suet, which you shall mince very small; thicken your farce with Eggs, and mix with it some Beatilles or young Pigeons, ravy yolks of Eggs, put in the pot vwith good Broath, and seeth vwell; put Chesnuts in it, and Mushrums soake a loaf of Bread, and Garnish it vvit vhat is in your pot, then serve.

For to make the bundle of Herbs, take Chibals, Parsley and Thyme, and tye them together.

A Table of Entrees (or first courses) which may be made in the Armies, or in the field.

*Turkie with Raspberries farced.*

Joint of mutton after the Cardinals way. 2

Knuckle of Veale after the Epigramme fashion. 3

Loyne of Veal with pickle. 4

Ducks with ragoust. 5

Young Pigeons with ragoust. 6

Young hennes with ragoust. 7

White pudding. 8

Saucidges of brawne, of partridges. 9

Andouilles, or Chitterlings. 10

Servelats. 11

Pickled pullets. 12

Knuckles of shoulders after the Olivier. 13

Peece of beefe after the English way. 14

Breast of veal stoved. 15

Roasted partridges with ragoust. 16

Neats tongue with ragoust. 17

Porkes tongue with ragoust. 18

Tongue of mutton with ragoust. 19

Rump of mutton with ragoust. 20

Joint of mutton after the Daube. 21

Turkie after the Daube. 22

Cive of hare. 23

Brest of mutton with arricot. 24

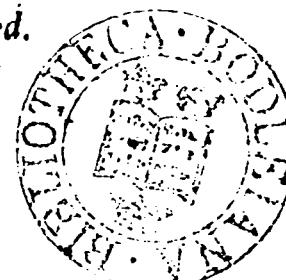
Lamb with ragoust. 25

Surloin of veale with ragoust. 26

Peece.

Peece of beefe after the Daube.	27
Legg of mutton after the Legats way.	28
Peece of beefe after the marrotte.	29
Rumpe of mutton rosted.	30
Peece of beefe and loynes of mutton after the na- turall way.	31
Pigge after the daube.	31
Geese after the Daube.	31
Geese with ragouſt.	31
Teale with ragouſt.	31
Turkie with ragouſt.	31
Pigge with ragouſt.	31
Loyne of veale with ragouſt.	31
Larks with ragouſt.	31
Liver of veale fryed.	31
Veals feet and trotters with ragouſt.	31
Fat tripes with ragouſt.	31
Fried pullets.	31
Young pigeons fryed.	31
Veale Olives.	31
A fricasēe of veale.	31
Fillet of veale with ragouſt.	31
Shoulder of veale with ragouſt.	31
Shoulder of mutton with ragouſt.	31
Brest of veale fryed.	31
Loyne of a wild-goate with ragouſt.	31
Mutton steakes with ragouſt.	31
Beefe after the mode.	31
Beefe in Eſtoffade.	31
Young rabbits with ragouſt.	31
Loyne of porke with ſauce Robert.	31
Partridge in Eſtoffade.	31

Capon with oifters.	58
Young duck with ragouſt.	59
Tongue of mutton fryed.	60
Liver of veale with ragouſt.	61
Stewed pullets.	62
Calfes head fryed.	63
Liver of veale ſtuck or larded.	64
Turkie giblets.	65
Shoulder of a wild boare with ragouſt.	65
Leggs of roebucke (or kid.)	67
Legg of mutton after the Legats way.	68
Faſced pigg.	69
Sheeps trotters fryed.	70
Tongue of mutton roſted.	71
Haſh of roſted meate.	72
Haſlets.	73
Haſh of raw meate.	74
Poupeton.	75
Tourte of lard.	76
Tourte of marrow.	77
Tourte of young pigeons.	78
Tourte of veale.	79
Pye of capon without bones.	80
Pie of gaudeveaux.	81
Pie of affiette.	82
Pie after the marrotte.	83
Pie after the English.	84
Pie after the Cardinals way.	85
Pulletts with ragouſt in a bottle.	86
Slice of beefe very thyn with ragouſt.	87



All other sorts of meates may be put in ragouſt, as Beſe, Mutton, Lamb, Porke, any part of it as you please. Kidd, Hind, or wild Boe; but you must take care to appropriate them, and doe in ſuch manner, they may have a good taſt.

*The way of making viandes ready for the first courses.*

1. *Turkie with Raspis.*

When it is dressed, take up the briske and take out the flesh, which you ſhall mine with ſuet and ſome little of Veal-fleſh, which you ſhall mix together with yolkes of Egg and young Pigeons, and all being well ſeafonned, you ſhall fill your Turkie with it, and ſhall ſeafon it with Salt, Pepper, beaten Cloves and Capers, then you ſhall ſpit it, and turne it very ſoftly; When it is almoft roſted, take it up, and put it into a earthen pan with good Broath, Muſhruſs and a bundle which you ſhall make with Parsley, Thyme, and Chibols tyed together for to thicken the ſauce, take a little ſliced Lard, paſſe it in the pan, and when it is melted, take it out, and mix a little flower with it, which you ſhall make very brown, and ſhall allay it with a little Broath and ſome Vinegar; then put it into an Earthen pan with ſome Lemon juice, and ſerve.

If it be in the Raspis ſeafon, you ſhall put a handfull of them over it, if not, ſome Pomgranate.

2. *Legg of Mutton after the Cardinals way.*

Take a Legg of Mutton, beat it well, and Lard it with great Lard, then take off the ſkinne, flower it and paſſe it in the pan with ſome Lard, and ſeeth it with good Broath, a bundle of parsley, Thyme and Chibols tyed together, Muſhruſs, or Beartilles well fried, and let the ſauce be well thickned, then ſerve.

3. *Leggs or Knuck'les of Veale after the Epi-gramme way.*

Aſter they are well blanched in fresh wa-ter, flower them and paſſe them in the pan with melted Lard or fresh ſeame; them break them and put them in a pot well ſeafonned with Salt, Pepper, Cloves, and a bundle of Herbs, put an Onion in with it, a little Broath and a few Capers, then flower them with ſome paſt, and cover them cloſe with the Pot lid, ſeeth them leaſurely thus co-vered for the ſpace of three hours, aſter which, you ſhall uncover them, and ſhall reduce your ſauce until all be the better thereby; put ſome Muſhruſs to it, if you have any, then ſeive.

4. *Loyne of Veale with Pickle.*

Eat it well, and Lard it with great Lard, Pickle it with Vinegar, Pepper, Salt, Spice, Clove, Lemon, Orenge, Onion, and Roſemary

mary, or Sage; after that, spit it, and rost it, and baste it with the sauce untill it be rosted; When it is rosted, stove it in the sauce, which you shall thicken with Chippings, or clean flower allayed with Broath, and shal Garnish your dish with MUSHRUM Beef-palats, or sparagus, then serve.

5. *Ducks with ragouſt.*

Lard them with great lard, and passe them in the pan, then put them into an Earthen pan or into a pot, and put therein some good seasoning of salt, beaten spice, chiboles, and parsley according to your pallat; seeth them well, and garnish with what you shall find to come nearest to the colour, then serve.

6. *Young Pigeons with ragouſt.*

Plume them dry, draw them, and passe them in the pan with lard, or fresh seame, put them in the pot with good broath, and seeth them with a bundle of herbs; when they are sodden, garnish them with their livers, and with sweet-breads of veal, le all be well seasoned with salt and spice, then serve.

7. *Young hennes in ragouſt.*

Take them after they are well mortified, and lard them with great lard, then passe them in the pan, after you have cut them into halffes, put them in the pot with good broath and a bundle of herbs; season and seeth them well with truffles, mushrooms, or some small pieces of rosted meate, to wit of mutton

mutton or fresh porke, for to give them saavour; garnish them with their livers, pistaches, or lemon, then serve.

8. *White puddings.*

Take the guts of mutton, and scrape them so that they be very cleere, then take foure poundes of fresh porke suet, and mince it very small; take also the brawne of two cappons, mince them as dust, and mix them with your suet, next put to it fifteen raw Eggs, one pint of milk, the crum of halfe a white loafe, season all well with the spice of Saucidges, and a little Anisseed; the spice for Saucidges is prepared thus; Take Peper Cloaves, Solt, and Ginger, beat them well together, then powre all into the guts with a bras or white latine instrument made for that purpose, and whiten them in milke, and them on the gridiron with a fat paper under them, then serve.

9. *Sau idges with the brawne of Partridges.*

After your Partridges are rosted, take the brawne of them, and mince it very small, take some fresh porke suet, foure times as much as of minced meate, mix all together, well seasoned as the white pudding. put also some milke to it proportionably, and powre all into some mutton guts, as the white pudding, which you shall also whiten in milke and shall tye them at the ends; rost them leasurely upon some fat paper. If you will, you may powre it into the guts of a sucking

Pig, or Turkie, then serve.

10. *Andovilles or Chitterlings.*

Take Caldrons of Veale, and mince them (or cut them small) with some Porke suet, some lard, and some Porke flesh, stew them all together in a pot; it being boyled and cold, you shall mix with it a little Milk, and some raw Eggs, then you shall powre it into the great gut of a Hog, with the same seasoning as the white pudding: Make some with halfe milke and halfe water; when it is made, rost it on the gridiron with a fat paper, and serve.

11. *Servelats.*

Take a Beefs gut, and scrape it well, take some lard, some pork, or mutton flesh, or another you will, and after you have minced it well, stampe it with pepper, salt, white wine, clove, fine herbs, onion, and a little fresh porke suet, then powre your imple-  
ments into this gut, cut it into peeces accord-  
ing to the length of the servelat, which you  
shall tye at the end, and shal hang it in the  
chimney. When you shall use them, seeth  
them in water, and about the latter end,  
put into it a little wine, and some fine  
herbs, when they are sodden, you may keep  
them one month, serve.

12. *Pullets pickled.*

Take your pullets, cut them in two, and  
beat them, then steep them in Vinegar,  
well seasoned with salt and spice. When you  
will

will serve, flowre them, or else make for it a small past with two raw Eggs, and a little flowre allayed with these Eggs; fry them with melted lard or fresh seame; and after they are fryed, put them in their pickle to soake a little, then serve.

13. *Knuckles of shoulders*

*Olivier way.*

Break them, and blanch them in fresh water, and wipe them, after they are flowred, passe them in the panne with lard, or fresh seame. When they are well fryed, put them in the pot with very little broath, and put a bundle of herbs with it, a little onyon fryed with Mushrums, Capers, Kidneys, and Beefs pallats, all well seasoned with salt, spice, or pepper, cover them with the lid, and make a peece of soft past for to close up the pot, least it doth take vent, put it on some few coals, and seeth them leasurely, then serve.

14. *Piece of Beefe after the English, or  
Chalon fashion.*

Take a peece of beef, of the brest, and seeth it vwell; when it is almost sodden, take it up, and lard it vwith great lard, then spit it, vwith a pickle under it in the dripping pan. The pickle is made as for the loyne of veale; vwith this pickle you shall bast it with a bundle of Sage, if it sticks not fast to the spit, take some sticks, and tye it at both ends. After it is rosted take it off, and put

put it into an earthen pan, then soak it with its pickle, untill you are ready to serve. Garnish it with what you will, with capers, or turnips, or with both together; or with beefe pallats, or parsley, or with the pickle it selfe, so that it be well thickned, then serve.

15. *Breast of veale stewed.*

Let it be of a Veale very white and fat, put it in the oven in an earthen panne, and underneath some sheets of lard, and season it, then cover it, untill it hath taken colour, and that it be more than halfe baked: Afterwards fry into it some mushrums, pallats of beefe, capers, and sweetbreads, so that they may mix, and make an end of baking together.

16. *Partridges with ragoust.*

Dresse them, and stick them with three or four lardons of great lard, then flowre them, and passe them in the pan with lard or fresh seame, then seeth them in an earthen pan, untill the moisture consume well, and season them well with salt and spice. When you will serve, take some lard, and beat it in a mortar, mixe it with your ragoust, and serye.

17. *Nests tongue with ragoust.*

Lard it with great Lard, then put it in the pot, seeth it, and season it with a sharpe sauce; when it is almost sodden, let it coole, stick it, spit it, and bast it with its ragoust, untill

untill it be rosted, and after you have taken it off, stove it in its sauce with a little onion stamped, a little lard and a little vinegar, then serve.

18. *Purks tongues with ragoust.*

Take them fresh, and passe them in the panne with lard, then seeth them well in a pot, and season them with sharpe sauce; when they are almost sodden, you shall mixe into them an onion stamped, truffles, dry meale, and a little white-wine, and shall soak them in their owne broath; when they are sod, serve.

19. *Mutiton tongues with ragoust.*

Take many of them, and after they are well sodden, flower them, and passe them in the panne, soak them with good broath, and passe in them a little onyon, mushrums, truffles, and parsley, all together, well seasoned with salt and peper, nutmeg, cloves and mace, according to your palate, with a little verjuice and vinegar, then serve.

20. *Rump of mutton with ragoust.*

Take it sticking to the joynt, lard it over with great lard, and seeth it with a peece of beefe; when it is halfe sodden, take it up, flowre it, and passe it in the panne, then put it in an earthen panne with good broath, and season it well with mushrums, capers, samphire, beefe pallats, (put into the broath some oyster liquor) cover it, and let it seeth well, then serve.

## 21. Leg of mutton after the daube.

Lard it well with great lard, then put it in the pot with water and season it well; when it is almost sod, put to it some white-wine proportionably, and make an end of seething of it with fine herbs, lemon or orange peeple, but very little, by reason of their bitternesse; when you will serve it, garnish the brims of the dish with parsley, and with flowers.

## 22. Turkie after the daube.

It is done after the same way as the legg of Mutton, except that you must bind it fast before you set it a seething, plentifully garnished with salt, and all kind of spice, the same seasoning, white-wine, &c. Serve it with parsley.

## 23. Civc of Hare.

Take a Hare, cut it into peeces, put it in the pot with some broath, seeth it vwell, and season it vwith a bundle of herbs, good store of large mace, and salt; when it is half sodden put a little vvine to it, and put into it a little flowver vwith an onion, and a very little vinegar; serve it vwith green sauce, & readily.

## 24. Breast of mutton in aricot.

Pas it in the panne vwith butter or melted lard, then put it in the pot vwith broath, and season it vwith salt; when it is halfe sodden, pas also in the panne some turnips cut in two, or othervvise, mixe them together, vwithout forgetting a little lard, fryed vwith

a

a little flower, an onion minced very small, a little vinegar, and a bundle of herbs, serve with a short sauce.

## 25. Loine of Lamb with ragoust.

Rost it, then put it into an earthen pot, with a little broath, vinegar, salt, peper, clove, and a bundle of herbs; a little seaced flower, a little onyon stamped, capers, mushrooms, lemon, orange peeple, and all being well soaked together, serve.

## 26. Loine of veale with ragoust.

Cut it into ribbes, flowre them, and pasle them in the panne with lard, then put them in the pot, and stew them with a little broth, capers, sparagus, truffles, and when all is well soaked, serve.

## 27. Peece of beefe after the daube.

After it is halfe sodden, lard it with great lard, and put it to seeth again with the same broth if you will; then after it is well sodden and seasoned, not forgetting the wine, serve as the legg (cut shoulder-wise.)

## 28. Legg of mutton after the legats way.

After you have chosen it well, beat it well, take off the skinne and the flesh of the knuckle, whereof you shall cut off the end; lard it with mean lard, flowre it, and pasle it in the panne with lard or fresh seame. When you see it very browne, put it in the pot with one spoonfull of broth well seasoned with salt, peper, clove, and a bundle of herbs; you may put in capers, mushrooms, truffles,

truffles, cover it with a lid closed up with flowre, neither too soft, nor too hard, allayed in water, and seeth it on a few coales the space of three howres. When it is sodden uncover it, and garnish it with what you have to put to it, as kidneys, bottomes of Artichoakes, sweetbreads, and a short sauce, and about the dish lay cut lemon, or pomegranat, barberries and grapes.

29. *Peece of beefe after the marrotte.*

When it is almost sodden, lard it with great lard, then make a pasty of browne paste of the bignesse of your peece of beefe well seasoned of all what you will, and garnished alike with capers. After it hath been seething a very long while with broth, passe into it an onion and garlick stamped, then serve.

30. *Loine of mutton rosted.*

After it is well rosted, take off the skinne, cover it with salt, crummes of bread, and minced parsley, grated nutmeg and orange peeple, minced very finely; then passe it in the panne before, not on the fire, then serve it with verjuice, caper liquor, and some oyster-liquor, and parsley about the dish.

31. *Peece of beefe, and loine of mutton after the naturall.*

Take a peece of Beefe from the Shambles, powder it with a little salt, not too much, lest you may have occasion to use the broth; seeth it well, and take off what hath been salted,

salted, as the skinnes: if you will, salt it againe, and powder it with small salt; serve with parsley, or fryed bread about the dish, and sometimes with small fyres, or some thickning of ragoust.

The Loine of Mutton after the naturall is done as the piece of Beefe; when it is well sodden, take off the skinne, pouder it with salt, garnish the dish about with parsley, and serve it warime.

32. *Pigge after the daube.*

After it is well dressed, cut it into five parts, then passe on it a little of great lard, and put it with broath, whitewine, fine herbs, onion, and being well seasoned with salt, and other ingredients, serve it with parsley about the dish.

The short sauce remaines with it in a gelee to serve cold; you may put to it some Saffron if you will.

33. *Goose after the daube.*

Lard it with great lard, and seeth it well, then put to it a pint of white-wine, and season it well with all what is fitting for a Daube. If you will passe it on the gridiron, and serve, cut into four, with a *Sauce Robert* over it, you may.

34. *Goose with ragoust.*

Take a Goose, cut it into quarters, after it is well beaten, flowre it, and passe it in the panne, then seeth it with some broath, season it with all kinds of spice, and with a bundle

bundle of herbs, garnish it with all its giblets, which are the liver, gifard, wings, and neck; let the sauce be short and thickned, with yolks of eggs allayed in verjuice, then serve.

35. Teales with ragoust.

After they are dressed, lard them with middle lard, passe them in the panne, and soake them with well seasoned broth, then put them in againe with a little lard and flowre, onion, capers, mushrooms, truffles, pistaches, and lemon peeple all together, then serve.

36. Turkie with ragoust.

Cleave it, and beate it, then stick it, if you will, with great lard, flowre it, and passe it in the panne, and then soake it in an earthen panne with good broth, well seasoned and garnished with what you will; seeth it to a short sauce, and serve.

37. Pigg with ragoust.

After it is drcsled, take off the skinne if you will, then cut it into foure, flowre it, passe it in the panne, being well seasoned for the tast; garnish it with capers, truffles, mushrooms, and serve it with a short sauce.

38. Loine of veale with ragoust.

After it is well beaten, lard it with great lard, and spit it, then when it is halfe rosted, soake it with good broth, and make a thick sauce with flowre and onyon tryed, garnish with mushrooms, artichocks, sparagus, truffles,

fles

fles, and its kidneys sliced, serve.

39. Larkes with ragoust.

After they are dressed, draw them, crush down their stomachs a little, flowre them and fry them with lard; after they are very brown, stove them, and season them with capers and mushrumms; you may put in them some lemon peeple, or some juce of a legge of Mutton, or some orange, or a bundle of herbs; take off the fat, and serve with what you have to serve.

40. Liver of Veal fryed.

Cut it into very thinne slices, then passe them in the panne with lard or butter, well seasoned with salt, peper, beaten cloves, and mace, onion minced very small, and one drop of broth, vinegar, or verjuice of grapes; and for to thicken the sauce, put therein some chippings of bread well searced; you may serve it without soaking, lest it should harden, with capers, Sampeire, mushrooms, and garnished about the dish with what you have.

41. Calfes feet and Sheepe's trotters with ragoust.

After they are well sodden flowre them, and passe them in the pan with lard, or fresh seam; then stove them with a little broth, a little verjuice, a bundle of herbs, a peece of lemon, and some flowre searced, all well seasoned, and the sauce short, mixe some capers and Sampeire cut small with a knife with it, and serve.

The

The Sheepes trotters are done the same way, after they are well sodden, and the worm taken away, flowre and fyfe them with lard or fresh seame, and soake them with a little broth and verjuice, a bundle of herbs, a peece of lemon, and flowre searc'd, all wel seasoned, and a short sauce, mix some capers, and Sampiere with it, then serve.

42. Fat tripe with ragoust.

After it is very white, and well sodden, cut it very small, fry it with lard, parsley, and chibols, and season it with capers, vinegar, flower fried, and an onion; soake it, and serve.

You may also another way, mixe with it yolkes of egges and verjuice for thickning.

Another way

Take it very fat, cut it and powder it with salt, and crummes of bread, rost it on the gridiron, and season it with verjuice of grapes, or vinegar, or juice of orange, or of lemon, then serve.

42. Pulletts fried.

After they are dressed, cut into peeces, and well washed, boyl them in good broth, and when they are almost sodden, drain them, and then fry them. After five or six turnes, season them with salt and good herbs, as parsley, chibols, &c. allay some yolkes of egges for to thicken the sauce, and serve.

44. Young

44. Young Pigeons fried.

After they are well scalded, cut them into peeces, and passe them in the panne with lard and butter, half one, half other, when they are well fryed, throw into it chibols, parsley, sparagus, pepper, salt, beaten cloves, besprinkle them with broth well seasoned, and serve them whitened, or not.

45. Olives of Veal.

For to make them, take some veale, cut it into small slices, and beat them well with the knife haft, mince all kinds of herbs, beef, or mutton suet, and a little lard, and when they are well seasoned, and allayed with raw eggs, rowl them among those slices of flesh, so to seeth them in an earthen or tourtre pan; when they are sodden, serve them with their sauce.

46. Fricasse of Veale.

Takesome veale, and cut it into thinne slices, flowre them a very little, and passe them in the panne, and season them with salt, with an onion stuck with cloves, then soak them with a little broth, and the sauce being thickned, serve.

47. Fillet of Veal with ragoust.

Lard it with great lard, spit it, and rost it a little more than half; soake it with a little broth, and a bundle of herbs, and cover it well; when it is sodden, serve with a sauce thickned with chippings of bread, or with flowre and an onion; serve it garnished with truffles

with truffles and mushrooms.

48. *Shoulder of Veal with ragoust.*

Blanch and flowre it, then passe it in the panne, when it is very brown, stove it in an earthen panne, when it is almost stewed, season it with a bundle of herbs, all kinds of beatilles, mushrooms, fry into it a little flowre, a little onion minced, and a little vinegar, then serve.

49. *Shoulder of Mutton with ragoust.*

Beat it well, and take off the skinne, then flowre it, and passe it in the panne with butter or melted lard, then soak it with good broth, a bundle of herbs, and a few oysters cut smal, and good seasoning, garnish it with what you have, among other things, with capers, lampiere, and serve.

50. *Breast of Veale fryed.*

After it is blanched, seeth it in a great brasie pot, or in another pot; it matters not if it doth seeth with other meat; after it is sodden, open it in two parts, and make a liquid paste with a little flowre, eggs, salt, and a little parsley, then wet it with this seasoning; next fry it with fresh seame, or melted lard; when you have taken it out, throw over it one handful of very green parsley, and very dry, that is, searced in the panne with butter very hot, and very brown, serve.

50. *Loine of Kidd with ragoust.*

When it is wel stuck, spit it, and when it is halfe rosted, baste it with peper, vinegar, and

and a little broath; thicken the sauce with some chippings of bread, or chippings searced, then serve.

52. *Small ribs of Mutton with ragoust.*

Slice them, then beat and flowre them, then passe them in the panne, after they are fryed, put them with good broth and capers, and all being well seasoned, serve.

53. *Beefe a la mode.*

Beate it well, and lard it with great lard, then seeth it in a pot with good broth, a bundle of herbs, and all kind of spices, and when all is well consumed, serve with the sauce.

54. *Beefe after the Estoffade.*

Cut it into very thin slices, and being well beaten, flowre them, and passe them in the panne with lard; then put them in an earthen panne, or in a pot with good broth, all well seasoned, serve with a short sauce.

55. *Young Rabbits with ragoust.*

You may fry them as pulletts, or passe them in the panne with a little flowre mixed with butter, then soak them with good broth, and season them with capers, juice of orange or lemon, and a bundle of herbs or chibol; serve.

*Another way.*

After they are rosted, cut them into peces, passe them in the panne, and soak them in a dish with juice of orange, capers, a few chippings of bread; let the sauce be sharpe and short; serve.

## 56. Loine of Porke with Sauce-Robert.

Lard it vwith great Lard, then rost it, and baste it vwith Verjuice and Vinegar, vwith a bundle of Sage. After the dripping is fallen, take it to fry an onyon vwith, vwhich being fried, you shall put under the Loyne, vwith the sauce vwherevvith you have basted it. All being a little soaked together, lest it may harden, serve. This sauce is called *sauce Robert*.

## 57. Partridges after the Estoffade.

Lard them with great lard, and passe them in the panne with butter or melted lard; when they are very browne, put them in the pot with good broath, and seeth them well seasoned. For the garnish, you shall have truffles, mushrooms, fryed sparagus, where with you shall soak them, serve with le mon and pistaches. If the same be not thick ned enough, take a little flowre, or of your thickenings, and doe not thicken it too much, least it be too thick.

## 58. Capon with Oysters.

After your Capon is dressed, and barded with lard, and with butter'd paper over it, rost it, and as it rosteth, put under it a dri ping panne; after you have well cleansed your Oysters, you shall blanch them, if they are old, when they are well cleansed, passe them in the panne with what is fallen from your Capon, and season them with mushrooms, onyon stuck, and a bundle of herbs. After

they are well fryed, you shall take out the bundle of herbs and the rest, you shall put it into the body of the Capon, w hich you shall stove with a few capers, then serve.

## Or thus, a Capon with Oysters.

Take your Capon and draw it, and vwash it very cleane, then take your Oysters, and vwash them cleane from the gravel with white vwine vinegar, then take a loafe and grate it, and mince some spinage and svveet herbs finely, put these to your Oysters; then season them vwith a little beaten peper, nutmegg, salt, and an onyon minced, then break three or foyvre nevv eggs to them, mix these together, and stuffe your Capon vwith it, and vwhen it is at the fire, put into the dish underneath, a little claret vwine, some capers, and sampheere cut small, and a good quantity of large mace, baste your capon with this till it be almost enough, then take it from under the Capon, and take off the fat, then thicken it vwith the yolks off two Eggs, and a peece of svveet butter, and put to it some Ornge peele, minced suet, vwith scalded parsley, and serve.

## 59. Young Ducks with raguist.

After they are dressed, passe them in them panne with butter or lard, then soak them in an earthen panne with good broath, and a bundle of herbs, all well seasoned; when they are wel sodden, and the sauce wel thick ned, put in it capers, mushrooms, truffles, and then serve.

60. Tonges of Mutton fryed with ragouſt and fritters.

Take your Tongues, cleave them in the midſt, then paſſ them in the pan with butter or melted lard, and ſeafon them wel, then put them into a diſh with verjuice and nutmeg; afterwards take a little flowre and allay it with an egge, and the ſawce whch is under your tongues, which you ſhal poure into theſe prepaſtions, fry it with melted lard, or fresh ſeame; after it is fryed, throw into the panne one handfull of paſtly, and have a care that it may remain very green; ſerve them dry, or with a pickle, and the reſt of your ſauce.

61. Liver of Veale with ragouſt.

Lard it with great lard, and put it in a pot well ſeafoned with a bundle of herbs, orange peele and capers; and when it is well ſodden, and the ſauce thickned, cut it into ſlices, and ſerve.

62. Stewed Pullets.

Cut them very ſmall, and ſeeth them with a little broath, white wine, and very new butter, ſeafon them with chibols, and paſtly minced together; when they are ſod, allay ſome yolks of egges, with ſome verjuice ſo to thicken the ſauce, and ſerve.

63. Calfes head fryed.

After it is dressed and ſod, you ſhall take out the bones, then you ſhall make a liquid paſt with egges well ſeafoned; dippe this head into it, and fry it with fresh ſeame; after

it is wel fryed, powder it with ſalt, juice of lemon or verjuice; then ſerve it with fryed paſtly.

64. Liver of Veale ſticked.

Stick it very thick with Lardons, then ſpit it, and make a pickle under it, wherewith you ſhall baſt it as it doth roſt, to the end that the pickle may turn it ſelf into a ſauce; after it is roſted, ſtove it with capers, and ſerve.

You may uſe Veale liver for to thicken ſauces; and at other times for to make gray pudding.

65. Turkey Giblets.

Blanch them in fresh water, and ſeeth them with good broath, when they are almoſt ſod, paſt them in the pan with lard, and good ſeafoning; let the ſauce be ſhort, and ſerve.

66. Shoulder of wild Boare with ragouſt.

Lard it with great lard, then put it into a kettle full of water, with ſalt, pepper, and a bundle of herbs; take heed you doe not ſeafon it too much, because the broth muſt be reduced to a ſhort ſauce: When it is more than halfe ſod, you ſhall put to it a pint of white wine, clove, and a bay leaf, or a twigge of roſemary; then when it is wel ſod, and the ſauce ſhort, you ſhall thicken it, which for to do, you muſt melt ſome lard, and fry a little flowre in it, then put to it an onion minced very ſmall, give a turne or two in the panne, and poure it into your ſauce, which you ſhall ſtove with capers, and muſhrooms, after all is well ſeafoned, ſerve. D 2

67. Legs.

*67. Legs of roebuck or wild goat.*

They may be done as the shoulder of Wild-boare; as also the loyne and the shoulder; or else after you have larded them with great lard, you may pass them in the panne likewise with some lard and flowre, after which you shall seeth them with broth, and shall thicken the sauce alike.

*68. Pigge farced.*

Take him from under the sow, blood him in water ready to boile, scald him, cut him between the thighs, take off the skinne, the tail, the feet, and the head, then let them steep til you have use for them; let the body alone, you will find it afterwards well enough; for to farce it take some veal and beef suet, stamp them wel after the way of *Gaudiveauxs*, then fill the skinne with it, with mushrooms palled in the panne, young pigeons, sweetbreads, a bundle of fine herbs, and with all what you have, untill it hath the shape of a pigge, sowe up what is open, trus it up, and blanch it in water, ready to spit. An houre and an haif before dinner spit it through the head, wrap it up with buttered paper, and tie it at both ends with splinters of wood, and as it is rosting baste it with butter. When it is rosted, take off the paper and the thread, so that it may not seem to have been farced, then serve.

The body of this Pigge being flayed blanch it but very little, stick it vwell, and rost

it as if it were vwhole or like a Lamb; when it is rosted, you may serve it with a green sauce.

*69. Calves feet fryed.*

After they are wel sod, cut them very small, and pass them in the pan with lard or butter; after three or four turnings, put to it chibols, and parsley minced together. Immediately after put into it a very little broth, and season all vwell. When it is ready to serve, allay some egs proportionably to your meat; as for four feet, three eggs, with verjuice of grapes, or common; you may use Gooseberries instead of verjuice of grapes; then your sauce being shott, mixe your thickning with it, and serve.

Sheeps trotters are done the same way, take them vcry white, and well sod, cut them very small, and take out the worme which is in them, then fry and season them with parsly & chibols minced together, make your thickning as abovesaid, mixe it, and serve.

*70. Mutton tongues rosted.*

Flaye them and cut them in the midst, then drippre them, that crums of bread, and fine salt may stick on them, and put them on the gridiron; make a sawce with a little broth, new butter, chibols and whole parsley, a few chippings, salt, pepper, nutmegs, all passed together in the panne, then soak the tongues with the sawce; when you are ready to serve, garnish your plate or dish, if it is in

winter, with capers, lemon juice, or mushrooms, then serve.

*Another way.*

After they are sod, season them, and slit them in the middle, then fry them with a liquid batter. Serve with lemon juice, and fried partly, then garnish,

*Another way with ragoust.*

Clense them well, take off the palats, and cut them in the midit, put also on them crums of bread, and small salt, rost them, and after they are rosted, put them in the dripping panne under the rost meat, then put on them some sweet herbs very finely minced & lemon peele with some beaten nutmeg, make a sauce with parsley, chibols, or onion minced small, fresh butter, and verjuice of grapes, and when you are ready to serve, allay the yolks of egges in your sauce, and powr it on your tongues, then serve readily.

*Another way.*

Take your Tongues halfe sod or rosted, slay them, then soak them in a pot with some broth, and pass them in the pan vwith melted lard, a little meal, some minced onion, all vwell seasoned, serve them garnished vwith vhat you have, among the rest, vwith minced capers, vwith a shore sauce.

*Another way.*

After your Tongues are rosted and sticked, serve them soaked in a short sauce, thickned as above; or else you may soak them vwith a sweet sauyce.

71. *Achis*

*71. Achis of rost meat.*

The Achis of rosted meat, be it Gallimaf-free, or other, is thus made. After you have taken up the skinne cut the shoulder near the handle, take out the bones out of the handle, and put the skinne before the fire; you also shall take out the spade bone, and mince the meat very small vwith capers and parfley; vwhich being done soak it vwith a chibol or an onion sticked all vwell seasoned; and to the end that your Achis be the more dainty, put in it a little crums of bread and new butter, if you will, put it into a dish or on a plate, and besprinkle it with its owne juice, or with some other, and the sk'ne over it, then serve; you may garnish it with pomegranate, lemon, or boyled bread.

The Achis of Partridge is done the same way, except that you may feed it with juice, and garnish it with what you will think fit.

*72. Haslets.*

Take a fillet of Veal, cut it into very th'n slices where there is no strings; stick your slices vwith lardons, and bake them in a tourt pan covered, then soak them vwith a little broth, thicken your sauce, and serve them garnished.

*73. Achis of raw meat.*

Take vhat meat you will, take out the strings, and mince it vwell, blanched or not mince vwith it twice as much beef suet near

the

the Kidney, having taken out the string; then, when all is well minced, and well seasoned, alay it with broth, and stoeve it, you may garnish with Chestnuts, or what you shall have fit to garnish with; when it is soe, serue it with fat.

74. *Poupeton.*

Take flesh of veal, and beef, or mutton suet, mince them well together, and season them, mixe some eggs with it to bind the farce, and then cut three or four bards of lard, over which you shall spread your minced flesh, which you shall cover with young Pigeons, Beatills, sweetbreads, sparagus, mushrooms, yolks of eggs, Kidneys, combes, hartichoakes, and over all that, you shall yet put some flesh, and all being well seasoned, bake it, then serve.

75. *Tourt of lard.*

Take some Lard, cut it, and melt it between two dishes, season it like the Marrow tourt, which you shall find in the next article; when it is baked, then serve.

76. *Tourt of Marrow.*

Take some Marrow, and melt it, after it is melted, fry it, and mixe it with sugar, yolks of eggs, pistaches, or almonds stamped; next make a very thinne sheet of fine paste, on which you shall lay your implements, raise the sides if you will; bake it, and serve it sugred.

77. *Tourt*77. *Tourt of young Pigeons.*

Make your paste fine, and let it rest; then take your young Pigeons, clese and blanch them; if they are too big, cut them, and take gaudiveaux, sparagus, mushrooms, bottoms of hartichoaks, beef marrow, yolks of eggs, carduus, beef palats, truffles, ver juice of grapes, or goosberries; garnish your Tourte with what you have, without forgetting the seasoning, then serve.

78. *Tourt of veal.*

Take a peece of Veal, blanch it, and mince it with twice as much of beefe suet, after it is well seasoned, make a sheet of fine paste, put your meat on it, in the middle of which you shall put what you have, as beatills, &c. Sugar it if you will, and when it is baked, serve.

79. *Pie of capon without bones.*

After you have taken out the bones, farce it within with all kinds of beatills, and ovillets, mushrooms, truffles, marrow, capers, cardes, sweetbreads, and gaudiveaux, when it is farced, dresse it upon fine paste, binde it above with buttered paper, tye it with a thread, and cover it well seasoned, when it is baked, serve.

80. *Pie of Gaudiveau.*

Dresse up your past into an oval, garnish it with your Gaudiveaux, in the midst of which you shall put all kinde of garnish, as mushrooms, the livers of fat capons, cardes, yolks

yolks of hard eggs, sweetbreads, and season all well, binde it at the top with paste, and when it is baked, serve with a sauce of verjuice, yolks of eggs and nutmegs.

81. *Pie of Assiette.*

Take some flesh of Veal and Beef, or Mutton suet, make with them a kind of *gaudiveaux*, then dressle up your paste very neatly half a foot high, and fill it with a bed of flesh, and over it another bed of mushrooms, another of *cardes* or *cardeaux*, or of young Pidgeons, beef palats, Kidneyes, and yolks of eggs, so that the upper bed be of your *gaudiveaux*, cover and season it, then serve.

82. *Pie after the Marotte.*

Take some Rye flower, which you shall salt, make your past with it, and make it up in the shape of a pie, then take a hare or two, or two joints of mutton with a little beef suet, which you shall mince together very small, and season it, then make up your pie on the top of which you shall leave a vent; after it hath been baking three hours, take it out, and fill it with good broth, put it into the oven again, and when it is quite baked serve.

83. *Pie after the english fashion.*

Take a Leveret, or a Hare, mince it well with beef, or mutton suet, or with the brawn of Capon, mixe all well together, and season it, put in it if you will, capers and sugar. Make your past thus; after it is flowered

spred

spread it, and plate it into three or four doubles, as a napkin, laying some new butter on each bed of the paste, so that to one pound of paste, there be half a pound of butter proportionably. After it is thus made, let it rest a while, and then make up your pie, which you shall garnish at the outside with butter'd paper; bake it well, endore it with the yolk of an egge, and serve.

84. *Pies after the Cardinal's way.*

Make up your Pies very high and very narrow, fill them up with *gaudiveaux*, and cover them so, as the lid be also very high; then serve them, specially for a garnish to a peece of beef, or upon a plate.

85. *Pullets with ragoust in bottle.*

Take all the bones out of a Pullet, put the skin thereof into a bottle without ofier, and leave without the overture or hole of the neck, which you shall tye to the neck of the bottle, then make what farce you will, with mushrooms, truffles, sweetbreads, young pigeons, sparagus, and yolks of eggs, wherewith you shall fill up the Pullet or Capons skin, which you shall tie up, and let slip into the bottle, which must be stopt with past; seeth your Ragoust well seasoned in the great pot, out of which you shall take it, a little before you serve, and stoe it before the fire, and when you are ready to serve, cut this bottle with a diamond, so that the bottoine may remain full and whole, then serve.

A Table of the meats which  
may be served in the second  
course.

<b>T</b> He pheasant	
<i>The wood-henne</i>	
<i>The Rouge</i>	
<i>The Turtle dove</i>	
<i>The young Leveret</i>	
<i>The Quaile</i>	
<i>The Partridge</i>	
<i>The young pigeons</i>	
<i>The Capon</i>	
<i>Cramm'd pullets</i>	
<i>Turkey</i>	
<i>Young Ducks</i>	
<i>Wood-pidgeons or small stock Doves</i>	
<i>Cockrels</i>	
<i>Lamb</i>	
<i>Teales</i>	
<i>Goseling</i>	
<i>The young Wild-boar</i>	
<i>Young rabbits</i>	
<i>Thrush</i>	
<i>The Raile</i>	
<i>Young Partridges</i>	
<i>Young Quailes</i>	
<i>Young Turkies</i>	
<i>Flouvers</i>	
<i>Loine of stag</i>	
<i>Fillet of stag</i>	
<i>Loine of Roebuck (or of Wild-goat)</i>	

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Wild-duck

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*The way of dressing and serving meat  
for the second Courses.*

Before we discourse upon the manner of dressing viandes; I advise you to garnish your dishes with the flowers according to the season and conveniencie. And at the end of this party you shall find how to make sauces which are mentioned in some of the ensuing discourses.

1. *the Pheasant.*

W Hiten it on the fire, that is, plump it on the Gridiron, & leave it one wing, the neck, the head, and the taile, stick it with lardons, and wrap up what is more with butter'd paper; rost it, serve, and unwrap it.

The Henne, and the Rouge are done the same way.

2. *The Turtle dove.*

When it is dressed, stick it, and spit it.

3. *The Leveret.*

After it is flayd, whiten it on the fires endore it with its blood, stick it, and spit it; when it is rosted, scrye with a Poivreade, or with a sweet sauce.

4. *The*

4. *The Quaile.*

After it is dressed, blanch it on the fire and harde it with a larde of larde, which you shal cover with vine leaves in their season; when it is rosted, serve.

5. *The Partridge.*

After it is dressed and blanched on the fire, you must stick it well, rost it, and when it is rosted, serve.

6. *The capon.*

After it is dressed, if it be exceeding fat, cover it with a fat paper, and put it into an onion stuck, salt and a little pepper; when it is rosted, serve.

7. *Young Pidgeons rosted.*

As they come out of the Dovecoat, blood them in water, then scald and dress them; you may cover them if you will with Vine leaves, or stick them; when they are rosted, put a poivreade under them, and serve.

8. *Cram'd Pu'lets.*

You must plume them dry, dress them and blanch them on the fire, then stick or blanch them, rost them, and serve.

9. *Turkie.*

It must likewise be plumed dry, blanch it on the fire, rost it, and serve.

10. *Young Ducks.*

Dresse them, and blanch them on the fire, and if you will, stick on them four little roses of lardons upon the four joyns; when

when they are rosted, serve with a Poivreade.

11. The Wild-Pigeon.

After it is well dressed, stick it, spit it, and serve.

12. Cockerels.

Dresse them, and blanch them on the fire, then stick and rost them, and serve.

You may serve them dry, or with a sauce made with water, salt, peper, and chibols minced.

You may also serve them with ragoust, as the Sea-henne, of which hereafter, in the article 54.

13. Lamb.

If it is fat, after it is rosted, throw on it the crums of Bread, with a littl[e] salt, and parsley if you will, and serve.

14. Teales.

After they are well dressed, spit them, and when they are rosted, serve them with Orange.

15. Goseling.

As it comes from the old Goose, scald and dresse it, cut off the neck close to the body, and the leggs, and after it is blanched on the fire, and trussed up, set it a rosting, and make a farce to put under it, with its liver, and store of good herbs minced together, which you shall pasle in the panne with lard or butter, and some yolks of eggs, all well seasoned, and serve.

16. Young

16. Young Wildboare.

Take off the skinne as farre as the head, dresse it, and whiten it on the fire, cut off the foure feet, stick it with lardons, and put in the body of it a bay leaf, or some fine herbs; when it is rosted, serve.

17. Young Rabbits.

Dresse it, whiten it on the fire, stick and rost it with verjuice under it, and serve.

After it is rosted, you may put some salt, a little peper, and juice of Orenge in the body of it, and stirre all well together, then serve.

18. The thrush.

After it is pulled, trusle it up, and blanch it, stick it and spit it, put a tost under it, and a sauce with verjuice, a little vinegar, onyon, and orange peeple; then serve. So is the Fieldfare done.

19. The Rayle.

It is done as the Thrush, without drawing it, serve.

20. Young Partridges.

Dresse them and blanch them on the fire, stick them with lardons, rost them with verjuice under, then serve.

21. Young Quailes.

They must be covered with vine-leaves in the season.

22. Young Turkies.

Pull them warme, let them mortifie, then dresse them, and blanch them on the fire, stick

stick them and rost them, then serve.

23. *Plover.*

After it is pulled, truss it up, and blanch it, then lard it, and rost it; serve it vwith a sauce and rost under it.

24. *Loine of Stigge.*

Take off all the skinnes, lick it, and spit is, serve it vwith a Poivrade.

The Fillet is done up like the Loyn with Poivrade.

The Loin of Roebuck is also done the same vway.

25. *Ortolan.*

After it is dressed, truss it up, and bard it vwith lard, and vise leaves over it in the season; (In the Spring it must be drawvn) after it is rosted, serve.

26. *Field fire.*

Dress it as the Thrush above, numb. 18. and vwith the same Sauce.

27. *The Woodcock.*

When it is pulled, truss it vwith its bill, which is instead of a prick, vwhiten it on the fire, and stick it; rost it vwith a rost under it, in the vway of a Poivrade, vwith the juice of orange, then serve.

The Snipe is done after the same vway.

28. *Another way for the Snipe.*

Dress it as the Ortolan, only that some do draw them, which is very fitting at any other season but Winter, because these birds, in the Spring, Summer, and Autumn, live on no thing

thing but Caterpillars, Ants, Lice, Herbs, or Leaves of trees but howsoever drawn or not, cover it with vine leaves in the season, spit it and rost it, so that it be not too dry, and serve.

29. *The Stockdove.*

After it is dressed, whiten it on the fire, stick and rost it, with a poivrade under it, and serve.

30. *Loyne of Veal.*

After it is mortised, and blanched, stick it very thick, rost it and make a ragoust with verjuice, a little water, a little vinegar, orange peele, and chippings of bread, then serve it well seasoned.

31. *Pigge sticked.*

Take off the skinne, cut off the head, and the four feet, whiten it in warm water, and stick it, or if you will, bard it half; when it is rosted, serve with crumbs of bread, and salt upon it.

32. *Wild-goose.*

After it is dressed, blanch it on the fire, and lard it only on the quarters like a little rose; rost it and serve.

The tame Goose is done the same way

33. *Water henne.*

After it is pulled, draw it, blanch it on the fire, stick and rost it with a Poivrade under it, and serve.

34. *Capon with Watercresses.*

Bard it with lard and rost it, season your Cre-

Cresses with salt and vinegar, or otherwise dead in the Capon sauce with a little vinegar, then serve.

35. *Sucking Pig to the natural.*

Take it from the Sow, scald it, dress it, and roast it with a bundle of herbs, salt, and peper in the body of it, then serve.

*Another way.*

Take it also from under the Sow, blood it, water ready to boyle, and when it is scalded empty it at the side, trusse up the fore feet towards the neck, and these behind with prick, blanch it in warm water, and slice on the body; to roast it, put into the stomach of it an onion sticked with cloves, fine herbs, a little butter, salt, and a little peper, then sow up the overture, or hole, and roast it. That you may not be troubled with basting of it, rub it with oyle Olive, thus he taketh good colour, and the skinne is very tender, when it is well roasted, serve garnished with flowvers.

You may baste it with salt and water, or else rub it with some lard.

36. *Whitetayles.*

Pul them, and leave them their heads and draw them, trusse up their legs as the Woodcocks, then whitewash them on the fire, and stick them, or if you will in little roses on the thighs; when they are roasted, serve with a Poivrade under.

37. *Henn.*

37. *Heron.*

Pul it, and drayv it; then leek out six gallis which are on the body of it, and a seventh which is within, trusse up the legs along the thighs, blanch it on the fire, and stick it, wrap up the neck with butter'd paper, then roast it, and when it is rosted, serve.

38. *Chine of Hare.*

After you have taken off the skin, and emp-tyed him, cut him chiffe-vvay, that is, as far as the shoulders, then take off three skins which are on't, then trusse it up behind, stick and roast it, and serve vvith a poivrade.

39. *Shoulder or loyn af Boare.*

After you have beaten it vvel take off the Venison of it, which is commonly called the Lard; then stick it, roast it, & serve it with a Sauce Robert, or with a Poivrade.

As for the Loine, lard it with great lard, and pass it in the panne with fresh seam and flowre, then seeth it with broth and water in a great earthen panne, or kettle, season it well, and when it is almost sod, put into it a pint of white wine, and all being reduced to the proportion of a sauce, you may serve it under the shoulder, or if you wil serve it dry, it must be more sharp.

40. *Tame Pork.*

You may disguise it near hand like the wild Boare, that is, after you have beaten it well, you shall endore it vvith blood, and a while after stick it, and spit it, not forgetting vvel

well to indore the feet with blood before it be rosted, serve it as the bore, with sauce, or without it.

41. *Faun of a hind.*

Before it be mortified too much, dress it very neatly, trusle it up, and take off some skirts which are on it, and look like slime; then blanch it on the fire for to stick it, so that it be not too much blanched, because it would put you to too much trouble to lard it; take heed also least you burne the head, or least the hare of it become black, spit it, and wrap the head with butter'd paper; when it is rosted, serve with a Poivrade.

42. *Faune of Roebuck.*

Dresse it as above written, trusle it up, and lard it, wrap up the head also with buttered paper, and when it is rosted, serve it with a poivrade, orange, or sweet sauce.

43. *Fillet of Roebuck.*

After you have stuck it, rost it wrapped up with butter'd paper, after it is rosted, serve it with a poivrade.

*Another way.*

You may lard it with mean lard, and stick it on the top with smaller lardons; when it is at the spit, make a pickle under it, and after it is rosted, stove it, and serve.

44. *Breast of Veale farced.*

Take it white and fat, and let it steep in water till your Farce is ready, which you shall make thus; Take of the flesh of a Filler

of Veal, Beefe suet, crumbs of bread boyled, capers, mushrooms, a few fine herbs, and yolks of eggs, mince all together well season'd, and farce the breast with it; which being done, close it up with pricks, or sow it up, and blanch it in warme water; this is to serve it boyled.

For to rost it, put into your farce pallats of beef and other things, and fill it not so much as to boyl, after you have stuck it, and spitted it, make under it what ragoust you will; after it is rosted, and the sauce well season'd, soake it with it, and serve.

45. *Surloin of Mutton.*

To serve it with ragoust, in steakes, or whole, you must pasle it in the panne with butter or melted lard, being flowered, then soake it with broath, a bundle of herbs, and capers. season it with peper, beaten cloves and mace, and salt, and to thicken the sauce, fry a little flower with some larde; and when the flowre is browne, put to it a minc'd onyon, and a drop of vinegar; let all soake together, and serve garnished with what you have. You may rost it stuck with parsley, and when it is rosted, serve it dry, or with verjuice of graps, put three or four anchovies in a little claret wine, and dissolve them over the fire, and put them in your sauce.

46. *Loyn of Mutton another way.*

After it is well mortified, laid it with gree

great lard, and spit it; make a pickle with onyon, salt, peper, avery little of orange or lemon peeple, broth and vinegar; after it is rosted, soake it with sauce, which to thicken you shall use a little flower pasled in the panne with some lard, as in the precedent article; garnish it with what you have; capers are good for it, and some anchovies. You may give it the thickning of turnips strained, serve.

47. Ribbe of Beefe.

Take a ribbe of the first peece well interlarded, with very white fatt, spit it, when it is almost rosted take up the fillet, and bast it with a little broth. For to make your ragoust, cut it into very thinne slices, with two or three chibols, whole or otherwise, salt; peper, a little of chippings of bread, or anyt with good broath and a bundle of herbs, thickning you have, then mixe all together, fry into it flowre, mushrunis, and steaks, and soake it without covering, serve the rā or to garnish, sceth well all together, and goust with a little vinegar, or juice of a chicken legg of mutton; you may mixe it with what you will, lemon, orange, or verjace, serve you have; have a care that the ribbe of beefe garnished with what you have over your be not black with too much rosting.

48. Neats tongue fresh.

Seeth it, dresle it, stick it, and rost it on the spit, after it is rosted, cut it along in ther midst, and serve with such ragoust as you meane lard; after it is flowred, passe it will.

Another way

Soake it with a little wine, sugar, and when it is almost enough, fry into it muclove, untill the sweet sauce be made; and buruns, fat livers, a little flowre, and an

it is not strong enough, put in it a drop of vinegar, then serve.

49. Legg of Mutton after the Royall way.

Take a good legg of mutton, bigg and short, beat it well, take off the skinne, and take out the knuckle bones, flowre it, and pass it in the panne with lard or fresh seame; then seeth it with a little broth well seasonet with mushrunis, trouffles, and beatiles, when it is almost sod, fry a little flowre with

an onyon, a drop of vinegar, and a little beaten lard, soake all together, serve with a short sauce, and garnish with pomgranats, or lemon sliced.

50. Legg of mutton farced.

You shall find the way of fatcing it in the discourse of Potages; after it is farced, soake per, a little of chippings of bread, or anyt with good broath and a bundle of herbs, thickning you have, then mixe all together, fry into it flowre, mushrunis, and steaks, and soake it without covering, serve the rā or to garnish, sceth well all together, and goust with a little vinegar, or juice of a chicken the sauce well, with what sharpnesse legg of mutton; you may mixe it with what you will, lemon, orange, or verjace, serve you have; have a care that the ribbe of beefe garnished with what you have over your small steakes.

51. Fat henne.

After you have made a good choise, dresse the spit, after it is rosted, cut off the extremities of it, and lard it with lard; after it is flowred, passe it

the panne with lard or fresh seame, then

bake it with good broth, and season it, untill the sweet sauce be made; and buruns, fat livers, a little flowre, and an

onion stuck with cloves, after all is well sod, and the sauce well thickned, you may serve it garnished with pomegranate.

Another way.

You may farce it with Oysters or with young Pidgeons, and with all other Beatils; seeth it the same way, and garnish with what you have, then serve.

Another way.

Cut it in half, passe it in the panne, season it, and garnish as before, then serve.

Another way.

After it is sticked or covered with a paper over the bard, rost it; when it is well rosted, powder it with crumbs of bread and small salt, then seve it with poor man's sauce, verjuice or orange, and in winter with cresles.

52. Batteurs de pave.

To put them with ragoust, cut off the head and the feet; after they are dressed, lard them with mean lard, flowre them, and pass them in the pan with butter or melted lard, then soak them with broath well seasoned, a bundle of herbs and mushrooms; fry into it a little flowre and onion, and after that all is wel soaked, seve with a sauce thickned with what thickning you will.

53. Shoulder of Veal rosted.

After it is wel blanchid in water, or on the fire, which will be the fitter and better, stick or bard it with lard; or if you will, as it rosteth, baste it with butter, after it is rosted, strew or

on it crumbs of bread, and small salt, and serve.

You may serve it rosted with a Poivrade.

54. Liver of Veal.

Lard it with meane lard, then stick it, warm the spit about the place where it ought to remaine, and as it doth rost, baste it with a Poivrade, compounded of chibols, salt, onion stuck, peper and a little broth; after it is rosted soak it in the sauce, then serve it whole, or in slices, and let the sauce be well thickned, with what thickning you will.

55. Larks.

Rost them stuck or barded with lard; after they are rosted, if they are barded, besrew them with crumbs of bread, and small salt and serve.

56. Wild-duck.

You may put it the same way as the batteur de pave, and with what garnish you will.

You may also rost and serve it with a Poivrade.

The way of making ready some sauces.

The sauce called Poivrade is made with vinegar, salt, onion, or chibols, orange, or lemon peeple, and pepper; seeth it, and serve under that meat, for which it is fittting.

The Green sauce is made thus; Take some green corn, burn a tost of bread, with vineger, a little peper and salt, and stamp all to-

gether, in a mortar, and strain it through a linthen cloath, then serve your sauce under your meat.

The sauce for the young or old Rabbit, After they are rosted, you put some salt and peper in the body, with some orange juice, and stir all well together.

For young Partridges, orange, or verjuice of grapes.

Another sauce for the Thrush and the Rayle, is to put some tosts under the spit, and when your birds are almost rosted, you take away your tosts, and set them apart, and take vinegar, verjuice, salt, peper, and orange peeple, boyle all together, and having put in your tosts, serve.

The Fieldfare, and the Woodcock are served with tosts, and a Poivrade under.

The Plover is served with a sauce made with verjuice, orange or lemon peeple, a drop of vinegar, peper, salt, and chibols not forgetting tosts.

The Snipe will have the same sauce.

The Stockdove with a Poivrade.

Pig and Lamb with a green sauce.

## A Table of the Intercourses (or Middle courses) for Flesh dayes.

F	Fet and ears of Pork	1
	Stags fees	2
	Venison pasty	3
	Slice of pasty	4
	Pasty of Gammon of bacon	5
	Trouffles with ragoust	6
	Dry trouffles	7
	Trouffles after the naturall	8
	Frayzes of beatilles	9
	Sweet bread sof Veal fryed	10
	Sweet breads sticked	11
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	Liver of Roebuck	13
	Liver of Roe buck in frayze	14
	Vader of Roebuck	15
	Cows udder	16
	CreCoi ower	17
	Gaam of Pistaches	18
	Gammon with ragoust	19
	Gammon rosted	20
	Gammon in slices	21
	Thrush	22
	Picked Pulletts	23
	Lambs purtenance	24
	Larks with ragoust	25
	Gelee	26
	Gelee of Harts horne	27
	Green gelee	28
	Red gelee	29
	Yel-	

Yellow gelee	
Gelee of colour of Violets	
Blew gelee	
White meat	
Salat of lemon	
Hash of Partridges	
Rissols fried	
Rissols fust	
Fritters of Marrow	
Fritters of Apples	
Fritters of Artichoaks	
Stiff Fritters	
Past spunne	
Lemon past	
Almond past	
Past of Pistaches	
I conceive these Rame-	Ramequin of Kidneys
quins to be nothing but	Ramequin of flesh
toasts of bread.	Ramequin of cheese
	Ramequin of soot
	Ramequin of onion
	Ramequin of garlick
Ortolans	
Neats tongue with ragoust	
Tongue of pork with ragoust	
Tongue of pork perfumed	
Tongue of pork boyld with ragoust	
Neats tongue	
Young Pidgeons	
Fat liver	
Fat liver on the gridiron	
Fat liver baked in the ashes	

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53	Cardons of Spain	85
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57	Tongue of mutton with ragoust	89
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59	Tongue of mutton on the gridiron	91
60	Salat of Pomgranate	92
61	Head of Wildboare	93
	Fat	slice

Slice of wildbores head	94
Slice of the same head with ragouſt	95
Green pease	96
Rams Kidneys	97
Palats of beef	98
Tanzie	99
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Remember in serving your second courses, to garnish your dishes with flowers in season. And after these following discourses you shall find the manner of thickenings for sauce, making juice of mushrooms, with other pretty curiosities; Profitable, yea and necessary for such as will serve great men, with credit and welcome.



## 5. Discourses of the Entre-mets or Intercourse.

### 1. Ears and feet of pork.

After they are well ſod, paſſe them in the panne with butter or melted lard, and a little onion, and ſeaſon them well. Soake them in a little pot with a little broth, and when the ſauce is well thickned, put to it a drop

drop of vinegar, with ſome muſtard, if it be in ſeaſon, and ſerve.

### 2. Stags fees.

After they are well drefled, ſeeth them in a pot, and when they are well ſod, ſoak them with wine, next paſſe them in the pan with ſome lard, all being well ſeaſond, then ſoake them again between two dishes with a little onion, and good broth, and when the ſauce is very ſhot, ſerve.

### 3. Veniſon paſſie.

If the flesh of it be hard, beat it, take off the upper ſkinnes, and lard it with great lard, ſeaſoned with ſalt, pepper, vinegar, and beaten cloves. If it be to keep, make your paſte with Rye-meal, without butter, ſalt, and pepper; bake your ſye for the ſpace of three houres and a half, after it is baked, ſtop with paſt the hole which you have left for to give it vent, and ſerve it in ſlices.

### Slice of Paſſy

The manner is to ſeek out the ſide, where the lard is moſt ſeen, and being cut very thin to ſerve it.

### 4. Paſſy of gammon.

Water it well, and when it is unsalted e-nough, boyl it a little, and take off the ſkin, then put it in brown paſt as Veniſon, and ſeaſon it with pepper, clove, and parsley; If you will be ruled by me, you ſhall alſo lard it as veniſon; bake it proportionably to

its bignesse; if it is thick, five houres, if it is lesse, lesse time will serve. After it is cold, serve it in slices.

5. *Trouffles with ragoust.*

Peele them very neatly, so that no earth may remaine on them, cut them very thinne, and fry them with a little lard, or if it be fast day, with butter, and a little parsley minced, and a little broath; when they are well seasoned, soak them, so that the sauce be a little thickned, and serve them on a plate garnished with pomgranat and lemon, if you have any, with flowres and leaves.

6. *Dry truffles.*

Wash them well in wine, seeth them with gross wine, a little vinegar, salt, and peper in abundance, put an indifferent good quantity of large mace, and cinnamon into it also; after they are well sod, let them rest in their broth, that thee may take salt, they serve them in a napkin foulded or not.

7. *Trouffles after the naturall.*

After they are well washed with wine, seeth them with salt and peper, mace and cinnamon, and when they are well sod, serve them in a folded napkin, or on a plate garnished with flowres.

8. *Frayzes of beatilles.*

Take your beatilles, which are combes, stones, and the wings of young pigeons, seeth them well, and after they are sod, and seasoned, draine them; take some eggs, where-

of you shall take out more then halfe of the whites, beat them, and when they are vwell beaten, put into them your beatilles very cleane; then take some lard, and cut it into peeces, pasle it in the panne, and vwith your melted lard, or even vwith the peeces if you vwill, make your frayne very thick, and not too much fried, and serve.

9. *Sweetbreads of Veale fyed.*

Let them not be too old, steep them in water, and blanch them vwell, and dry them, cut them into slices, and season them vwith salt, a little nutmegge, beaten cloves and mace, and a fevv sweet herbs finely minced; flowre and fry them vwith fresh seame, or melted lard, so that they be very yellowe and dry, put to it the juice of an orange or lemon, and serve them readilly.

10. *Sweetbreads stuck.*

Take the fairest you can get, and best shaped, blanch them in cold water, stick them, and put them on a prick, rost them very neatly, and after they are rosted, serve them vwith the juice of a lemon upon them.

11. *Sweet-breads with ragoust.*

After they are blanched, cut them into slices, and pasle them in the panne, or whole, if you will, with lard, and well seasoned with parsley, whole chibol, mushrooms, and truffles, and after they are well soaked with good broath, and the sauce being short and well thickened, serv.

## 12. Liver of Roebuck.

As it comes warme out of the body of the Roebuck, cut it into small slices, passe it in the panne with lard, take out the mam-mocks, fry it well, and season it with a little parsley, peper, cloves, and salt, and a whole chibol; soake it with a little broth, then serve it with the sauce well thickned.

## 13. Liver of Roebuck in Frayze.

After it is taken out of the body of the beast, mince it very small, and make your Frayze of it with lard, and let it not be too much fryed, but let it be enough, and serve.

## 14. Vdder of Roebuck.

After you have blanched it well in water, cut it into slices, and fry it with juice of lemon, or seeth it with some ragouſt. After it is fryed, or sod, mince it very small, and make a Frayze of it with lard, as that of the beatills, article 8. Then serve it with the juice of lemon.

## 15. Cows Vdder.

Seeth it well, and when it is well sodden, cut it into slices, and garnith your entrees with it, or passe it in the panne with fine herbs, and chiboll whole; season all well, and soake it with the best of your broths, so that it be of a sharp tast, and the sauce well thickned, then serve.

## 16. Colliflowres.

After they are well cleansed, seeth them with

with salt, and a peece of fatt or butter; after they are sod, peel them, and put them with very fresh butter, one drop of vinegar, and a little nutmegge, for garnish about the dish. If you will serve them alone, doe them alike, and when you are ready to serve, make a sauce with good fresh butter, one chibole, salt, vinegar, nutmegge, and let the sauce be well thickned: you may put in it some yolks of egges, if it be on a flesh day, then garnish your plate warme, and put your sauce over it, and serve.

## 17. Creame of pistaches.

Take one handfull of pistaches stamped, and a quart of milk, boyl it with some meal, which you shall mixe with it; when it is almost sod, allay six yolks of eggs with your pistaches, and a little very fresh butter, put all in a panne with flore of sugar, and a little salt. If you will, you may put in it Muske or amber also, with much sugar, but very little Musk; beat all well together, and serve garnished with flowres.

## 18. Gammon with ragouſt.

Sod or not, cut it into very thinne slices, then put them in the panne with very little wine, then soake them with a little peper, few chippings of bread very small, and juice of lemon, then serve.

## 19. Gammon roſted.

Cut it into slices, and steep it in a little broth, and a drop of vinegar; make it luke-warne

warme, then take it out, and put crummes of bread upon and under it ; rost it well, and after the sauce hath boyled a very litt le, put it under it ; then serve well garnisht with flowres or leaves.

20. *Gammon in slices.*

After it is well sod, cut it fittingly, and very thinne, then serve.

21. *Thrushes.*

Dresse them neatly, cut off the wings, the leggs, and the neck, and draw them, flat them a little, then flowre them, and fry them with lard, then soake them with broth well seasoned, and a small bundle of herbs; when they are enough, and the sauce well thickned, serve them with the juice of lemon on them, and garnish about with a whole lemon sliced.

22. *Pickled pullets*

After they are well drelled, cleave them in two, if they are small, break their bones, and set them a pickling with vinegar, salt, peper, a good quantity of large mace, a litt le cinainon and ginger, and a bunch of sweet herbs, chibol, and demon peper; let them steep therein, till you have occasion to use them, and then set them a draining, flowre them, and fry them in fresh seame or lard; after they are fryed, soake them a very little with their pickle, then serve with a thort sauce.

23. *Lambs*

23. *Lambs purtenances with ragoust.*

Take the feet, the ears and the tongue, pasle them in the panne with butter or lard, a chibol, or some parsley, then soak them with good broth, when they are almost enough, put in it some minced capers, sampire minced, broken sparagus, the juice of mushrumis or truffles, and season all well; serve neatly with a sauce well thickned with what thickning you will, and a garnishing of leaves and flowers, and above all, let your Purtenances be very white.

24. *Larks with ragoust.*

Aster they are well pulled, draw them, flat them, flowre and pasle them in the pan with butter or lard, then soa e them with good broth, a bundle of herbs, and a few minced capers, all well seasoned; after they are e-nough, and the sauce well thickned with what thickning you will, serve with pistaches or pomegranate, and slices of lemon.

25. *Gelee.*

For to make Gelee, take a Cock, flay off the skin; take also a legge or knuckle of Veal, and the four feet, break and blanch them, then put them in a new earthen panne and seeth them for the space of two houres and a half; and when all is almost sod, put in it some white wine very clear, when you have put it in, strain and presle your meate through a napkin; take your broth, and put it in a pan or pipkin on the fire; when it is ready

ready to boyl, put in it five quarterns of sugar, and when it boyles, powre into it the juice of six lemons, and the whites of a douzen of very new laid eggs very well beaten; after all hath boyled, put it into a very clear strainer, and mixe in it what colour you will; musk it, and serve.

26. *Gelee of Harts born.*

Take Harts horn rasped; for to make three dishes of Gelee, you must take two pounds of Harts horn, seeth it with white wine two houres, so that after it is boyled, there may remain to make up your three dishes with; strain it well through a napkin, and then put it in a panne with one pound of sugar, and the juice of six lemons; when it is ready to boyl, put in it the whites of a douzen of new laid eggs very well beaten, and as soon as you have put them in, powre all into the strainer, and set it up in a coole place; serve it natural, and garnish it with pomegranates and lemon slices.

27. *Green Gelee.*

Take your ordinary Gelee, as it is above described, and take some green colour at some drugsters, which you shall mixe with your Gelee, then serve.

28. *Red Gelee.*

As your Gelee comes out of the strainer, steep it with very red Beets, well sod, and scraped, strain all together through a linnen cloth, and set it a cooling, then leive, and garnish with other colour.

In like manner you may make Gelee yellow, violet, and blew.

29. *White meat.*

Take the thickest of your Gelee, make it lukewarm with Almonds well stamped; strain them together through a napkin, and mix a drop of milk with it, if it is not white enough; after it is cold, serve, and garnish with other colour.

30. *Sallat of Lemons.*

Take Lemons, what quantity you wil, peel them, and cut them into very thinne slices, put them with sugar, orange, and pomegranat flowers, then serve neatly,

31. *Achis of Partridges.*

After your Partridges are rosted, take up the brawn, mince it very small, allay it with good broath, and season it; then soake it with a chibol, and when you will serve, adde to it the yolk of an egge, and the juicc of a lemon, and garnish it with what you will, as Pistaches, Pomegranate, and Lemon sliced; then serve.

32. *Rissoles firyed.*

Take the brawn of Partridges, or of other meat, mince it very small, and season it well; then make your sheet of past very thinne, and dressle up your Rissoles w th it, which you shall fry with fresh seam or melted lard.

33. *Rissoles puffed.*

They are made the same way, but that the meat of them must be a little fatter, after they

they are vvel seasoned, fry them neatly, and serve.

You may also make Rissoles in the same manner with any other kind of meat, seive them vwith sugar, and syueet waters on them.

### 34. Fritters of marrow.

Before the specifying the several kinds of Fritters, it is fitting first to give here a general model of them.

Take some Cheese, stamp it vvel in a mortar, or in a dish, and if it is very hard, put a little milk vwith it, then some flowvre and eggs proportionably; season all vwith salt, and passe it vwith fresh seame, or refined butter for fast daies; serve vwith abundance of sugar, and a little orange flowver vwater, or rolevvat on it.

If you will make Fritters of Marrow of Beef, take the biggest peeces of Marrow you have; after they are steeped, cut them into slices, fit them in your paste, fry them, and serve in the like manner.

Apple Fritters are done the same way.

### 35. Fritters of Artichicks.

Take the bottoms of Artichicks, and seeth them half, and after you have taken out the choke, cut them into slices make a preparation with flowre and eggs, some salt, and a little milk, then put your Artichicks in it, and when your fresh seame is hot, put them into

into it, one slice after another; fry them wel, and serve.

### 36. Stiffe Fritters.

Make your Fritters past stronger than ordinary, by the augmentation of flowre and eggs, then draw them very small and slender, and when they are fryed, serve them warme with sugar and sweet water.

### 37. Past spinne.

Take Cheese and bray it well; take also as much flowre, and a few eggs, all seasoned, seeth it in a Pipkin, as pappe well sod, that is to say, something firm, and passe or strain it through a passing or straining pan, upon some fat paper; after it is sod, spinne or draw the paste in what sort you will, then fry it, and serve it pyramid-wise with sugar and sweet waters.

### 38. Lemon past.

It is made the same way as we have said of the spinne past, but that you mix Lemon with it, you must serve it as above said, well garnished with flowers.

The Almond paste, and the paste of Pistaches are made the same way.

### 39. Ramequin of Kidney.

Take out the Kidney of a Loyn of Veale rosted, mince it with parsley or gatlick, and the yolk of an egge; then spread your implements well seasoned upon bread, which you shall tost in the pan, or on the gridiron, and shall serve all dry; you may put sugar on it if you will.

You

You may make tosts of Kidney of Veal almost the same way, but that you must put to it neither parfley nor onion; but the Kidney being well seasoned, you spread it on your tosts, which you shall also cause to take a colour in the panne before the fire; and when you serve, you may sugar them; and even mixe some sugar in the implements if you will.

You may make tosts of Kidney of veal thus: take the Kidneys, mince it very well with some beefe suet, a little Spinage, a few sweet herbs and some grated bread, season it with nutmeg beaten cloves, and mace, ginger, and salt, then break in three or four Eggs to bind it, then spread it on your tosts, and pass it through the pan, dith it and put to it the Juyce of lemons and a little sugar and serve.

You may use some Currants if you please.

#### 40. *Ramequin of fleshe.*

Take what meat you will, mince it very small, and after it is minced, allay it with an egge, and season it as it ought, rost them in the panne, and serve with the juice of a Lemon.

#### 41. *Ramequin of Cheeze.*

Take some Cheeze, melt it with some butter, an onion whole, or stamp'd, salt and peper in abundance, spread all upon bread, pass the fire shovel over it red hot, and serve it warme.

42. *Ra-*

#### 42. *Ramequin of soot of Chimney.*

After your bread is passed in the pan with butter or oyl, powder it with soot, with salt, and much peper over it, and serve it warm.

#### 43. *Ramequin of onion.*

Take your Onions, and stamp them in a mortar with salt and much peper; you may put to it some Anchovis, well melted with a little butter, your onions being upon the bread fryed in oyl or butter, pass the fire-shovel red hot over it, and serve.

The Ramequin of Garlick is done the same way.

#### 44. *Ortolans with ragoust.*

Dress them, and pass them in the panne with butter, or melted lard; after they are fryed soak them in a small pot with a little broth, and season them well; to chicken the sauce, mixe with it some sweet breads, the juice of meat and mushrooms, and when all is well sod, serve garnisht with Pistaches and Pomegranate.

#### 45. *Tongue of Pork with ragoust.*

After it is salted and sod, cut it very thin, and soak it with a little broth, then pass it in the panne with melted lard, onion stamp'd, and one drop of Vinegar; after this serve it with the juice of a Lemon and garnish it with Capers, and with all what you have. Mixe with it in the season verjuyce or goose berries.

A neat's tongue in Ragoust, you may find how

how to dress it amongst the first courses, article 17.

46. *Tongue of pork perfumed.*

After it is sod, serve it dry, and garnish with what you wil; be it flowers or other thing. You may open it in the midst.

47. *Tongue of pork broiled with ragoust.*

Seeth it half salted, then broyl it, make for it also such sauce as you will, so that it be well thickned, and well seasoned, then serve.

You may stick it with lard, and rost it on the spit, basting it with a pickle, which you shall make under it well seasoned, and with such quantity of salt as you shall judge fitting; when it is rosted, serve.

48. *Neats tongue.*

Seeth it salted with water; and towards the end put in some wine; after it is sod, peel it, and when you are ready to serve, cut it in slices, then serve.

49. *Young Pigeons.*

To put them with ragoust, take them as they come from under the damm; kill them and scald them, then after they are dressed, blanched and flowered, passe them in the pan, and then soak them in a pot with good broth, well seasoned, and a bundle of herbes: let them be wel sod, & the sauce thickned, serve with minced capers, Sampiere, a few pickled oysters cut small, mushrooms, veal sweet-breads, and all what you can have of affortment for young Pidgeons.

50. *Fat Liver with ragoust.*

Take the fattest and clearest, cleanse them, and put them into warme water, to take away the bitternesse, but take them out again presently; after they are dried, passe them in the panne with butter or fresh seame, and soak them with a little broth, parsley, and whole chibol; when they are enough, take out the chibol, and serve them with a sauce well thickned, you may put in trouffles, mushrooms, and sparagus.

51. *Fat Liver on the gridiron.*

Put it on the gridiron, and powder it with crummes of bread & salt; after it is broyled, powre the juice of a Lemon upon it, and serve.

52. *Fat liver baked in the ashes.*

You must bard it with lard, and season it well with salt, peper, beaten cloves, and a very small bundle of herbs, then wrap it up with foure or five sheets of paper, and set it a baking in the ashes as a Quince; after it is baked, take heed you doe not lose the sauce with stirring of it, take the upper sheets of paper off it, and serve it with the undermost, if you will, or on a plate.

53. *Fat Liver fried into fritters.*

You may judge how it ought to be done by the foregoing discourses, concerning ragousts, frying, and fritters.

54. *Beatis.*

Take wings, livers, and combes, all being well

well blanched in water; seeth the combes by themselves, and when they are sod; peele them, then soake all together, with good broth well seasoned, and when you are almost ready to serve, fry the combes and beatilles with good lard, a little parsley, spinage, and chibols minced; put them again to stove in their broth, untill you be ready to serve; you may mince with it some yolkes of eggs. Serve.

55. *Tourt of Franchipanne.*

Take a milk caudle, that is, boyled milk, and make thus your preparation for to make your Creame. Take a little flowre, which you shall boyle with your milk, when it is enought, take five yolks of egges, and mixe all together, with stamped Pistaches, Almonds, a little salt, and much Sugar; then make your past, work it with the whites of eggs and salt, and let it rest; make of it six very thin sheets of paste, and butter them one after another; spread your creame upon your six sheets, and make other six, and lay them one after another well buttered, and especially the uppermost, for to give it a colour; after it is baked in a tourt panne, or on a plate, change it into another, and sugar it, then serve with flowres.

You may make the tourt of Franchipanne with any other sort of creame, and serve it as abovesaid.

56. *Nulle.*

Take one dozen of yolks of eggs, and two or three whites, put in it a little creame, a little salt, and much sugar, beat well all together, and then passe it through a strainer, then lay it upon a plate, or in a dish, and when you are ready to serve, seeth it on a chafing dish, or in the oven; when it is baked, serve with sugar and sweet wateis, and garnish it with flowres.

57. *Nulle with Amber.*

Take some Cream, or very new milk, allay the yolks of eggs, very little salt, sugar, musk, or amber; and when you are ready to serve, make a bed of your implements, and one bed of juice of orenge, and so successively to the number of five or six, then passe the fire-shovell red hot over them, garnish with sugar or musk, or water of orange flowres, and serve.

58. *Green Nulle.*

It doth differ from others onely in the colour, which you shall give it as to the gelee.

59. *Artichoaks fryed.*

Cut them almost into bottomes, take out the choake, and throw them into boyling water, to blanch them, dry them, and flowre them, then fry them with fresh seame, or refined butter; serve them warme, and garnish with fried parsley, which to fry, it is necessary that it be very green, and that it be not wet.

## 60. Artichocks fryed.

Cut them into four quarters, clese them, and take out the choak, then blanch them in warm water, and drain them, flowre them with flowre and small salt; let the fresh seame, or refined butter, or melted lard be very warme, and then put your Artichocks in it, and fry them well, then set them a draining, and put into your frying one handful of very green parsley, which you shall put on your Artichocks, when it is very dry, and serve.

## 61. Artichocks with Poivreade.

Cut your Artichocks into quarters, take out the choak, and blanch them in very fresh water, and when you will serve; put them on a dish with pepper and salt, then serve.

## 62. Bottomes of Artickocks.

Take off all the leaves, and cut them as far as the choak, then seeth them with broth, or with water, butter and salt; after they are sod, take them out of the broth, picke them, and take out the choak; then put them with butter and salt, and when you wil serye, make a sauce with very fresh butter, one drop of vinegar, nutmegge, and the yolk of an egge, for to thicken the sauce, then serve, so that they may be very white.

## 63. Mushbrums with ragoust.

After they are well cleensed, passe them in the paine with very fresh butter, parsley minced, and chibol, season and soak them, and when

when you are ready to serve, put into it the juice and peeke of lemon, and a little white meat, then serve.

## 64. Mushbrums farced.

Choose the best shaped for to containe the farce, which you shall make with some meat, or good herbs, so that it be dainty, and allayed with yolks of eggs, then your mushbrums being farced and seasoned, put them into a dish upon a barde of larde, or upon a little butter, seeth them, and serve them garnished with juice of lemon.

## 65. Mushbrums fryed.

Blanch them in fresh water, dry them, then pickle them with a little vinegar, salt, pepper, and onion, and when you are almost ready to serve, make a liquid past allayed with yolks of eggs, fry your mushbrum, serve and garnish.

## 66. Mushbrums after the Olivier.

After they are well cleensed, cut them into quarters, and wash them in several waters, to take off the earth; when they are wel cleensed, put them between two dishes with an onion and some salt, then set them on a chafing dish, that they may cast their water; press them between two plates, take very fresh butter, with parsley and chibol, and fry them, then soak them, and after they are wel sod, you may put to them some cream or white meat, and serve.

67. *Frayze of gammon of bacon.*

Take one dozen of eggs, break them, take out the whites of half a dozen, and beat them; then take of your gammon as much as you will think fitting, mince it, and mix it with your eggs; take some lard, cut it and melt it, powre your Frayze into it; let it not be too much fyed, and serve.

68. *Tortaises.*

Cut off the feet, the tail, and the head, set the body a seething in a pot, and season it wel with fine herbs, when they are almost sod, put some wine to them, and boyl them wel; after they are sod, take them up, and cut them into peeces, and take a special care to take out the gall; then fry them with butter or lard, parsley and chibol, then set them a soaking with a little broth, and when you are ready to serve, allay the yolk of an egge with some verjuice, mixe them together, and serve with some nutineg, a little beaten Cinamon, and orenge peel very finely minced, well seasoned.

69. *Tourt of Pistaches.*

Melt some butter, and put in it six yolks of eggs with some sugar; stamp one handful of Pistaches, and mixe them together with a corn of salt, then make your sheet of paste, and dress it up, put your implements in it, make or shape up your tourt, and bind it with butter'd paper; when it is baked, serve it with sugar, and garnish it with lemon peel preserved.

70. *Eggs*70. *Eggs after the Portugals way.*

Take many yolks of eggs, and a Pound or half a pound of sugar, with which you shall make a sirrup, which being made, you shall mix it with your eggs, with one drop of orange-flower water, and seeth them; after they are enough, make a coffin with butterd paper, well doubled, put your eggs in it, and being cold, then take off the paper, and put these eggs on a plate the sharpe end upward, sugar it, and garnish it with the peare called kompareil (or non such) cinamon, lemon peel preserved, and flowres, then serve.

*Another way.*

Make a Sirup, as above said, then break a dozen of eggs, or more, and beat them wel, warm your sirup, and when it is very warm, mixe your eggs with it, passe all together through a strainer, and seeth it; After it is sod, serve it with bisket cut and dressed up piramide like, sweet waters, musk or ambergris.

71. *Eggs dainty or pleasant.*

Make your sirup as above said, and take the yolks of eggs, allay them well, and put them in your sirup; after they are sod, put them on a plate, with a drop of orenge flower water, and of musk, then serve.

72. *Eggs dyr.*

Take a quart of white wine with a peece of sugar, boyl them well together, then break

some eggs, and beat them, passe them through a strainer, then put them into a pipkin or pan, where your white wine is & your sugar ready boylung; thus they are sod in a moment, and are found linked; take them out of the sirup, and set them a draining, then serve them pyramid-like with sweet water.

73. *Eggs after the Varrenne.*

Have a sirup well made, fry some whites of eggs in the panne with butter, and put them in your sirup; when they are sod, serve them with orange-flower water.

*Another way.*

Make your sirup, and mixe a little new milke with your fried eggs; when they are sod, serve them very white on a plate, garnished with sweet herbs.

74. *Eggs in snow.*

Boile some milke with a little flower well allayed, then put in it more then the halfe of one dozen of whites of eggs, and stirre wel all together, & sugar it; when you are ready to serve, set them on the fire again, and glase them, that is, take the rest of your whites of eggs, beat them with a feather, and mixe all together, or else fry well the rest of your whites, and powre them over your other eggs; passe over it lightly an iron oven lid, or the fireshovell red hot, and serve them sugred, with sweet waters.

You may instead of whites, put in it the yolks of your eggs proportionably, and the whites

whites fryed upon them. The creame after the Masarine way is made in the same manner, except you must put no whites of eggs on it.

75. *Eggs after the Huguenat fashion.*

Take the juice of a legg of mutton, put it on a plate, or in a dish, take very new layd eggs, and break them in your juice, seeth them with little salt; after they are enough, put more juice to them, and some Nutmeg, then serve.

75. *Cardons of Spaine.*

After they are blanched, take off the skinn very neatly, and set them a steeping in fresh water, then serve them with pepper and salt.

77. *Sparagus with white sauce.*

Choose the biggest, scrape the foot of them, and wash them, and seeth them in water, salt them well, and let them not seeth too much; after they are sod, draine them, and make a sauce with very fresh butter, a little vinegar, salt, nutmeg, and the yolk of an egge to thicken the sauce, and have a care that it doe not curd or (turne) and serve them garnisht with what you will.

78. *Sparagus with ragoust.*

Take sparagus, break them very small, then passe them in the panne with butter or lard, mixe it with some parsley and chibol, all well seasoned; let them a soaking till you be ready to serve; you may put some creame

to them, or yolks of eggs, or of the juice of a legg of mutton, and may garnish other things with it.

79. *Sparagus with Creame.*

Cut them very small, and leave nothing but the greene, fry them with butter very fresh, or melted lard, parsley and chibol, or a bundle of herbs; after that, soake them a very little, with very new creame, and serve if you will with a little nutmegg.

80. *Sheeps tongue with ragoust.*

After it is well cleansed, slit it in two, then flowre it, pasle it in the panne, and put it in ragoust, with vinegar, verjuice, salt, pepper, nutmeg, beaten cloves, juice of orange, and minced capers; when it is well soaked, and the sauce well thickned, serve.

81. *Sheeps tongue sticked.*

Take it sod, and cleanse it well, stick it with small lardons, and rost it, then serve it with the juice of a Lemon, or some Orange.

82. *Sheeps tongue on the gridiron.*

Slit it in the middle, and put it on the gridiron with salt and crummes of bread upon it, then make a sauce with verjuice of grapes, or goose-berries, a few chippings of bread, some parsley, and chbole minced very small, and when it is well broyled, serve.

83. *Sallet of Pomgranat.*

Pick your granats, put them on a plate, sugar them and garnish with lemon, then serve.

84. *Head*

84. *Head of wild boar.*

Cut it off near the shoulders, to make it fairer, and of better shew, and to preserve the neck, which is the best of it, so that it be well seasoned; after you have cut it off, singe it, or seald it, if you will have it white, then cut the skin off round about the head four inches from the nose, least it may shrink and fall on other places; seeth and season it well, and when it is half sod, put to it white or red wine, and make an end of seething of it, again well seasoned with pepper, onion, cloves, orange-peele, and fine hearbes. You may seeth and wrap it well up in hay, least it fall to peeces; after it well sod, serve it cold, whole, and garnished with flowers; If you have wrapped it up, you may serve it in slices, which you may disguise with several sorts of ragousts.

85. *Slice of wild boar's head.*

Cut it under the neck, or near it, or under the ear, and serve.

86. *Slice of wild boare's head  
with ragoust.*

After you have cut it as above said, boil it in wine, and a few chippings of bread; when it is enough, and the sauce thickned, serve.

87. *Another way.*

After it is cut as aforesaid, powder it with crummes of bread, and put it on the gridiron; after it is broyled, serve it with juice

of lemon, in the season of vine leaves, wrap up your slices in them, and serve readily with verjuice of grapes.

87. *Green pease.*

Passe them, if you will, in the panne with butter, and seeth them with cabidg and lettuce, or with purstaine; after they are well sod with a bundle of herbs, and well seasoned, serve them garnished with lettuce.

You may dress and season them with creamie, as the sparagus, whereof mention is made above, in the article 79. of sparagus with creamie.

88. *Rams Kidneys.*

Whiten them well in fresh water, take off the skins of them, and cut them into very thinne slices, passe them in the panne with butter or melted lard, season with all what you have, then soak them with mushrums, and the juice of a legg of mutton, then serve.

*Another way.*

Cut them as abovesaid, and steep them in a little vinegar and salt; a while before you serve, after you have dried them, passe them in fritter past; and fry them, and throw on it some lemon juice, or orange juice and serve.

89. *Palats of beefe.*

Take them well sod and soft, and withall boyle them a little, for to take awye the ripe taste; then cut them very thinne, passe them in the panne well seasoned, and stove them

them; let your sauce be allayed with the juice of a lemon, then serve.

The beefe palats for garnish are fryed alike, but that you cut them peccmeal.

90. *Tanzie.*

Melt a little butter, and take some cream, yolks of eggs, juice of pears, sugar, and very little salt, seeth all together, after it is sod, sugar it, with waters of flowers, and serve green.

91. *Young Pidgeons.*

After they are well blanched in water, flowred a little, and passed in the pan, soak them with good broath, mushrums, truffles, and a bundle of herbs, all well seasoned, and serve, the sauce being well thickned; and garnish with cut lemon.

The same ragoust may be made for young pigeons rosted.

92. *Field fares.*

Draw them, fry them as the young pigeons, and seeth them longer, because they are harder, after they are sod and seasoned alike, serve garnished with pomegranate, or sliced lemon.

93. *Young Partridges.*

Take some peeces of slices of beef, and beat them well with lard, season it with salt and pepper, and passe it in the panne, untill the lard be very brown, then soak these imple- ments with a little broath and an onion stanned; then strain all through a linen cloath

cloath, you will have out of it a very red juice, with which you shall mix a sharpnesse of grape verjuice, a little flowre baked, or some chippings; then take your young Partridges, take off the leggs and the wings, and loake them with your sauce; adding to it mushrooms, and troulies, untill the sauce be well thickned; seeth, and serve readily, lest they wax hard.

The Partridges are done the same way.

*A method for to make gammons of Westphalia bacon.*

After your porke is dressed, take off the gammons, and stretch them well, for to cause them to take the shape; put them in the cellar for the space of four daies, during which time, there will come a water out of them, which you must wipe off very often; If the weather is moist, let them ly there but twice four and twenty hours, then put them in the presle between two boords, and let them be there so long a time, as the porke hath been dead; after that, salt them with salt, pepper, cloves, and anisseed stamped; let them take salt for the space of nine dayes; after this take them out, and put them in the lees of wine, for the space of other nine daies; then wrap them up with hay, and bury them in the cellar, in a place which is not too moist, after you have taken them out, hang them in the chimney, at the side where there is least smoak, and fail not to perfume them twice.

twice a day with Juniper; after they are dry and a little smoky, hang them at the seeling, in a chamber which is not too moist, and until you have occasion to use them, visit them often, for fear they should rot.

For to seeth them; take of them which you will, cleanse it, and set it to water in a great kettle full of water, season it with fine hearbs, and put no wine in it; after it is sod, take up the skinne, spread it over with pepper and minced parsley, and stick it with cloves, then put down the skin again, and lay it in a cool place, till you have a mind to serve it, which you shall do garnished with flowers, if you have any.

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*The way of making allayings, or thicknings to be kept for sauces, to the end that one may not be put to the trouble of making them on evry occasion, when one may have neede of them.*

*Thickning of Almonds.*

Peele well your Almonds and stamp them in a mortar, then put them with good broth, crummes of bread, yolks of egges, juice of lemon, an onion, salt, cloves, and three

three or four mushrooms; seeth all these a very little while, passe them through the strainer, and put it into a pot to use it upon occasion.

*Thickning of Mushrooms.*

Take the stalkes of Mushrooms, with a few staine ped Almonds, Onion, Parsley, crums of bread, yolks of eggs and capers; boyl all with good broth, and season it well, mix with it a slice of lemon, then passe it through a strainer, and put it into a pot to use upon occasion.

*Thickning of flowre.*

Melt some lard, take out the mammocks, put your flowre into your melted lard, seeth it wel, but have a care it stick not to the pan, mixe some onion with it proportionably to what you mean to use it about, when it is enough, put all with good broath, mushrooms, and a drop of vinegar; then after it hath boyled with its seasoning, passe all through the strainer, and put it in a pot; when you will use it, you shall set it upon warme embers for to thicken your sauces.

*Thickning of troufles.*

Take dry flowre, which you shall allay with good broth, troufles, onions, mushrooms, and a sprig of thyme, stamp all together, and boyl it with your flowre allayed, passe it through the strainer, and put it in a pot; it will be usefull for the thickning of your Entrees (or first courses) or ragouits.

You

You may use these thicknings in Lent, so that you put no eggs in it: They may also be usefull for all, as for the first and second courses, and for the Intercourses.

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*Method for the making the juice of  
Mushrooms, of Beef, or Mutton,  
which may be usefull for many  
Sauces and Ragouits.*

*Juice of Mushrooms*

Take the least of your Mushrooms, wash them well with their skinnes and stalks, without taking off any thing, boyl them in a pot with good broth, as they are boylung, put in a bundle of herbs, an onion stuck with cloves, and some peeces of rosted meat, all well seasoned with salt; after they are well boyled, passe them through the strainer, and put it into a pot, for to use it at need. It may be useful for all kinds of Ragouits; even for potages; and it doth often passe for juice of Mutton.

*The Juice of Beef, or mutton.*

Rost your meat a little more than half, be it beef or mutton, prick it with a knife, and press it in a press if you have any, it will be the better; after it is pressed, and the juice taken out, take one spoonful of good broth,

be

besprinkle your meat with it; and take out of it again what juice you can; put it in a pot with a little salt, some Cinnamon, beaten Cloves, and Mace, with some Pine apple seeds; and mixe with it the juice of a lemon, and Caper liquor, when you are ready to use it.

*The way of garnishing with Pistaches.*

Peel your Pistaches in warme water, put them in cold water again, and for to use them mince them a very little, for to put them about your dishes.

*The garnish of lemon.*

You must take out the seeds, slit it long wise, and cut it into slices, after this put it into some water, ready to use it upon and about your dishes.

*The garnish of Pomegranate.*

Take the reddest, take out the peeple and the seeds, for to garnish upon and about your dishes.



*A Method for to take out the juice and waters of flesh, for to give unto the Sick.*

*The juice of mutton, veal, or capon.*

After they are rosted and pressed, take out the juice, and because that the juice

of Mutton is hotter than the other, it must be corrected and mixed with that of veal; and of either of them thus made ready, cause your sick body to take one spoonful every two houres.

*Another way for the same water.*

For such as have need of much cooling, take a bottle without osier, and with a very wide neck, cut your meat, veal, and pullen, small enough, so that it may goe Deecemeale into the bottle; this done, you shall stop it carefully with a peecce of paste firm and hard, and some parchment over it, tie it well, and put it in a kettle ful of hot water as far as the neck: Boyle it well for the space of thicke hours; after it is sod, unstopp your bottle, and take the juice out of it, which you shall cause your sick to use (or even they who are in full health, and stand in need of cooling) with other juice of rosted meat; or with some broth, all according to the need and strength of both. You are to observe by the way, that the juice of rost meat is much stronger and more nourishing than that of boyled meat, though it be in greater quantity.

For want of a bottle you may use a Coquemare, stopping it well with paste, and with parchment over it.

*Water of Pullet.*

Dresse your Pullet, and when it is very clean, fill it up with barley, and seeth it in a pot with a sufficient quantity of water, so that

that it boyles halfe away, after it hath boyled untill the barley is burst, passe all through a strainer, and let it cool. It must be uted cold, and this water may be given to sucking children.

*Panad e.*

Take some good broth, and crummes of Bread very small, boyl them well together, and at the latter end, put in it some yolkes of eggs, very little salt, and some lemon juice.

*Other Panadoe.*

Take the flesh of Capon or Partridge well minced, stamp it well in a mortar, then alay it with broth of health, that is, broth of the great pot, a few crummes of bread, and salt, after it is soaked, mixe with it some yolkes of eggs for to thicken it, and some lemon juice.

A Table of the Pastry work  
which is served up all the  
year long.

V	Enijon pa'y	1
	Pasty of a legg of mutton	2
	Pasty after the English way	3
	Pasty of Wildboare	4
	Capon pie	5
	Turkey pie	6
	Pie of Gaudiveaux	7
	Partridge pie	8
	Gammon of bacon pie	9
	Breast of veal pye	10
	Pie of Assiette	11
	Pis after the Cardinals way	12
	Pie after the Marotte way	13
	Pie of young Rabbits	14
	Pie of pullets	15
	Pie of Larks	16
	Veal pie	17
	Pie of Quails	18
	Pie of woodcocks	19
	Pie of Blackbirds	20
	Duck pie	21
	Pie of Macreuse with lard	22
	Lamb pie	23
	Pie of mutton tongues	24
	Pie of Kid warin	25
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	Tourte of young pigeons	28
	Tourte	

Tourte of lard  
Tourte of Marrow  
Tourte of veal  
Tourte of purtenances  
Tourte of Sparrowes  
Tourte of Larks  
Tourte of sweetbreads  
Tourte of brawn of capon sugred



*A Method how to make ready and to serve up the Pastry works which are made mention of in the foregoing Table.*

1. *Venison Pastie.*

IF the flesh is hard, beat it, take off the upper skinnes, and lard it with great lard, seasoned with salt, peper, vinegar and beaten cloves. If it is for to keep, make up your pastie with Rye meal without butter, salt and pepper; let your pasty bake the space of three houres and a half; after it is baked stop up with paste the hole which you have left for to give vent, and serve in slices.

2 *Pasty of legg of Mutton.*

After it is well mortifyed, beat it wel, take off the skinne, take out the bones, and if you will

will, lard it vwith great lard, and season it vwith salt, peper, and a little vinegar; you may let it ly in the sauce three or four daies, vwell covered, untill you put it into past; vwhich you shall do then in fine or course past; sealon it vwell vwith salt, peper, beaten cloves, nutmeg, and a bay leaf, and also a clove of garlick crushed if you vil: After it is closed up, and endored vwith the yolk of an egge, let it bake the space of three hours and a half, and doe not forget to give it vent on the top, a little while after that you have put it in the oven.

3. *Pasty after the English way.*

Take a young or old Hare, mince it well with beef or mutton suet; or with the brawn of Capon, mixe all together and season it well, put in it, if you wil, some capers, and some sugar. Make your past thus; after it is flowred, spread it, and fould it up into three or four doubles like a napkin, putting some fresh butter upon every bed of past, so that for one pound of past there be half a pound of butter proportionably; after it is thus made ready, let it rest a little while, & then make your past up, which you shal garnish at the outside with buttered paper. Bake it wel, endore it with the yolk of an eg, and serve.

The Wildboar pasty is made the same way as that of the joint of Mutton.

## 4. Pye of Capon.

After it is well dressed, lard it with mean lard, and put it into fine past, and make up your pie. If you wil serve it up warm, it must not be so much seasoned, as to serve it cold.

To serve it warme therefore, make it up and garnish it with what you have, you may also farce it. You must bake it two houres & a half, and if it be too dry, that is the fauce wanting, make a white fauce for it, or put into it any juice, and serve it warme and un-covered.

## 5. Or for a Capon pye thus.

After it is well dressed scalon it well with nutmeg, peper, and salt, then having minced some Chibols, and sweet herbs, very fine, and laying them in the bottome of your pye, put in your capon, then lay on it some lincs, oysters, the yelks of lard eggs, chesnuts, large mace, barberries or grapes, boare beef marrow, good store of sweet butter, so close it and bake it; when it is baked enough, liquor it with some butter and ver juice, and serve.

## 6. Pie of Turkie.

After it is well dressed, beat it and truss it up, lard it with great lard, and season it, then put it into fine or brown past, fed with butter or lard, for this flesh is very dry when it is baked; scalon it as a venison patly, bake it proportionably to its hardnes or bignesse, and serve it warme or cold.

7. Another way.

Dress your turkie, take off the skin and the brisket, then season it, and farce it with young pigeons, beef palats, mushrooms, troufles, bottomes of hartichockes, coombes, ram's Kidneys, and sweet breads. This farce is fit, in case you take out the brisket onely.

If you take off the whole skin, take the flesh of your turkie, mince it very small with beef suet, season it with all what you have, and with yolkes of eggs, fill up the skin with it, sow it up againe, and put it into fine past, garnish your pie with small beestilles, mushrooms, and all the remenant of your farce. Bake it, and serve it with what fauce you will.

## 8. Pie of Gaudiveau.

Dresse up your past into an ovall, garnish it with your gaudiveau, in the midst of which you shall put all kind of garnish, as mushrooms, livers of fat capons, cardes, yolkes of hard eggs, sweet breads of veale, and season all; binde it with past at the top, and when it is baked, serve it with a fauce of ver juice, yolkes of egges and nutmeg.

## 9. Pie of Partridge.

After they are dressed, lard them with mean lard, and season them, then put them into a fine past, and make up your pie well fed with lard and butter, bake it for the space of three houres, and serve it warme.

10. *Pastie of Gammon of Bacon.*

Steepe it well, and after it is unsalted enough, boyle it a little and take off the skin of it, then put it into brown past, as venison, and season it with pepper, clove, and parsley; if you will be advised by me, lard it also as you doe the venison. Bake it according to its thicknesse; if it is big, five houres, if lesse, lesse, and so according as it is bigger or lesser; after it is cold, serve it in slices.

11. *Pie of a brest of Veale.*

After it is well blanched, you may farce it with what you wil; you may also put it into fine past very wel seasoned, and garnished, or if you will, cut it into small peeces, make up your pie well, bake it, and serve it with a white sauce, made up with yolks of eggs alayed with verjuice.

12. *Pie of assiette.*

Take the flesh of Veale, and beefe or mutton suet, make a kind of gaudiveaux therewith, then dress up your past very neatly halfe a foot high, and fill it with one bed of flesh, and over it another of mushrooms, another of cardes or of carddeaux, or young pigeons, palats of beefe, kidncys and yolks of eggs, so that the upper bed be of gaudiveaux, cover and season it, then serve.

13. *Pies after the Cardinall's way.*

Make up your pies very high and very narrow, fill them up with gaudiveaux, and cover them so that the lid be also very high; then

then serve them, specially for a garnish to a pece of beefe, or on a plate.

14. *Pie after the Marotte.*

Take Ric mieale, which you shall salt; make your past with it, and make it up like a pie; then take one hare or two, or two joynts of mutton, with a little beef suet, whch you shall mince together very small and season it, then make up your pie, on the top of which you shall leave a vent, after three houres baking, take it out, and fill it with good broth, put it the oven againe, and when it is quite baked serve it.

15. *Pie of young Rabbits.*

After they are dressed, lard them with great lard, and make your past like that of venison; if you serve it warme, make it a little sweeter, and serve.

16. *Pie of Pullets.*

Dresse and flower them, if you will; garnish & season them, and put them into very fine past, serve it warme with a white sauce of yolks of eggs allayed.

If your pullets are big, you may stick them with meane lard, and season them, garnish and bake them alike.

17. *Pie of Larkes.*

Dresse them, draw them, and flat them, then pasle them in the pan with mushrooms, troufles, beatills, and all being well seasoned, put them into fine past, bake them the space of two houres and a halfe, let the sauc bee

well allayed and fed ; you may put some sugar in it, hipocraft-like, and so serve it cold; if with ragoust, serve it warme.

18. *Pie of Veale.*

Take the fillet, and presse it like the wild boare, that is, well larded and seasoned, put it into fine or brown past, as you will, serve it in slices, warme or cold.

*Another way.*

Mince such flesh of veale as you will with beef suer, and season it ; make up your past, and make the bottom of your pie, or the whole, with this meat thus minced and seasoned, which moreover you shall garnish with mushrooms, bottoms of hartichocks, cardes, Kidneys, veale sweetbreads, and hard yolks of egges ; after which you shall cover and bake it ; after it is baked, serve it uncovered with a sauce of yolks of eggs allayed with verjuice of grapes.

19. *Pie of Quailes.*

It is made to eate cold like that of partridges, and for to eat warme, like that of larkes, make it up with fine paste, and serve it warme with ragoust.

20. *Pie of Woodcocks.*

Dresse your Woodcocks, draw them, lard them with meane lard, and season them like the partridge pie, for to be eaten warme or cold ; if you serve it warme, garnish it with what you have, and season it as you thinke fitting ; bake it the space of two hours and a halfe,

halfe, and serve it warme or cold.

21. *Pie of Blackbirds.*

Dresse your Blackbirds, draw them, and put them into past, season and bake them as the larks, for to be eaten warme, or cold.

22. *Pie of Duck.*

After it is dressed, lard it with great lard, and season it well, put it into fine or browne past to keepe it ; bake it the space of three houres ; serve and garnish it for to eate it warme.

The pie of *Macreuse* with lard is made and served the selfe same way.

23. *Pie of Lambe.*

Take the four quarters, and cut them very small, blanch them in fresh water, then put them in fine past and well made up, with a little parsley and fine hearbs minced ; after it is well baked, and well seasoned, serve it with a white sauce.

*Another way.*

Take your Lambe and cut it into peeces, then season it with beaten nutmeg, pepper and salt, then lay it into the bottom of your pye, then lay upon it some hard lettuce boyled and cut in quarters, some chest-nuts, pine apple seedes, sampire, sparagus, sliced lemon, the yolkes of egges boyled hard, and grapes, good store of sweet butter, after it is baked serve it with verjuice and sweet butter.

*Another way.*

You may take your lambe vvhole, or in quarters

quarters, without cutting it, lard it with great lard, and put it into past seasoned with minced parsley, salt, peper, beaten cloves, and garnished with mushrooms, *morilles*, and capers; and after it is baked, serve it with a white sauce of yolks of egges allayed with verjuice.

24. *Pie of sheep's tongues*

Wash them with lukewarime water, and cleane them, then put them into past; take mushrooms small pallats of beefe cut, *belettes*, a little parsley, and ch. bols; pastie all in the pan, powr on it some yolkes of eggs, bottomes of hartichoaks, beaten lard, or fresh butter, and put them into your pie, which you shall bake for the space of two houres, and serve with a sauce of yolks of egges alayed with verjuyce.

25. *Pie of Kid warm.*

Dress it, and take off the head, lard it with meane lard, and season it, put it into fine past dressed up, or not, garnish it with *belettes*, mushrooms, *morilles*, *troufles*, mushrooms and serve. If you will serve it cold, let it's seasoning be stronger.

*Another way.*

If you have two kids, or roebucks, take out of the body of the goat, or of the hind, lard and season them, and put to them a abundance of sugar, which will make both your meat and sauce full of sugar.

If your kids are small, put them into dre

sed paste, and sever them, putting the one into sugar, and the other in *ragoust*, serve it warm.

26. *Goose pie.*

After it is dressed, lard it with very great lard, and put it into paste seasoned as the venison pastie; serve it alike, warme, or in slices.

27. *Pie of knuckles of shoulders.*

Dresse the bones of your knuckles, blanch them, break and lard them with great lard, or lard stamped, then put them into fine past; garnish and season your pie with all what you have, bake it for the space of two hours and a halfe, when it is baked, serve it with what sauce you will.

28. *Tourte of young pigeons.*

Make a fine paste, and let it rest, then take your young pigeons, cleanse them, and blanch them. If they are too big, cut them, and take *gudiveaux*, sparagus, mushrooms, bottoms of hartichoces, beet marrow, yolks of eggs, *cardes*, pallats of beef, *troufles*, verjuice of grapes, or goose-berries, garnish your tourte with what you have, not forgetting the seasoning, then serve.

*Another way.*

After your young pigeons are well dressed and blanched, make a sheet of fine paste or pust paste, put in the bottome some *Gaudiveaux*, and young pigeons at the top; if they are small, whole; if big, cut them into halies;

halves; garnish your tourte with combs, palats, mushrooms, truffles, cardes, morilles, mushrooms, yolks of eggs, veal sweet breads, bottomes of hartichocks, and minced parsley, all well seasoned with salt, pepper, clove, and nutmeg; Cover up your tourte, and bake it the space of two hours and a half; After it is baked serve it uncovered with a sauce of yolks of eggs, allayed with verjuice of grapes.

*Another way.*

When your pigeons are clean dressed, season them with pepper, beaten cloves, and mace, and salt, then put into your pye some minced chibols, and sweet herbs, then put in them some bottomes of Artichocks, Chestnuts, yolkes of hard eggs, very thin slices of lard; some Colliflower indifferently well boyl'd, Capers, Oysters, Mushrooms, sliced lemon, and grapes, seasoned as your pigeons; sweet butter, then close and bake it; when it is baked, serve it with verjuice and sweet butter thickned with the yolks of eggs.

*29. Tourte of lard.*

Take lard, slice it, and melt it between two dishes, season it as the tourte of marrow next following; when it is ready, serve it.

*30. Tourte of Marrow.*

Take marrow, melt it, when it is melted, straine it, and put some sugar to it, yolks of eggs, pistaches, or almonds stamped; then make

make a very thinne sheet of fine paste, on which you shall put your implements, bindc it, if you will; bake it, and serve it sugred.

*31. Tourte of veal.*

Take a peece of veale, blanch it, and mince it with twice as much of beef suet; after it is wel seasoned, make a sheet of your fine paste, put your meat on it, in the midst of which you shall put what you have, as beatilles, &c. Sugar it if you will, then when it is baked, serve.

*Another way.*

Garnish a sheet of fine paste or puff passe, and fill it halfe with your minced meat, put over it mushrooms, Kidneys, combes, bottomes of hartichocks, cardes, yolks of eggs, all well seasoned, fill up your tourte with the same meat, cover it, and endore it with a raw egge allayed; bake it the space of one hour and a half, and serve it uncovered with a sauce.

*32. Tourte of Beatilles.*

Blanch your beatilles, put them into a sheet of paste seasoned and garnished as the tourte of young pigeons; bake it also alike, and serve it with a white sauce, or juice, or some ragoust of tostes; you may put to it some pistaches peeled, and minced.

The tourte of sparrows is served like that of young pigeons with a white sauce.

*34. Tourte of Larks.*

You may make it as that of the young pigeons.

geons; But here is yet another way. Dresse them, draw them, flat them, and passe them in the panne with lard, parfley, and mushrooms, then put them into your paste, and season them with yolks of eggs, capers and all what you have. Cover up your tourte, and bake it two hours. After it is baked, serve it with a good sauce, or some juice.

35. *Tourte of weale sweet breads.*

You may put them into fine or pust paste, sticked and rosted, well seasoned and garnished, or else passe them in the panne with mushrooms, combes, troufles, morilles, yolks of eggs, bottoms of hartichocks, or some broken sparagus, and thus make up your tourte, which you shall serve with a thickning of mushrooms upon it.

36. *Tourte of brawn of capon.*

Take some quantity of brawns of capon, mince them very small, and allay them with two yolks of eggs, fresh butter, a little salt, pistaches, much sugar; a little juice, or good broath; make up your tourte with fine or pust paste, sugar it well, and if you will, you may adde to it besides some pignons and corants.

*Advise.*

Your pasties for keeping, or to carry far off, may be made with Rie meal.

They that are to be eaten readily, make them with a past more then half fine.

The

The English pie is made with pust paste.

The tourte of Franchipanne is made of paste allayed with whites of eggs.

All kinds of tourtes are made with fine or pust paste.

If you doe not find here all sorts of divers pastry worke, doe not wonder at it, for the intention is not to make a whole booke of them, but only to speak of them by the by, for to give some short instruction of what is most necessary, and what is served up most ordinarily, for to intermingle and diversifie the Courses.



A Table of fasting daies Potages out of Lent.

Pottage of herbs	1
Pottage of Crawfish	2
Pottage of Carps	3
Pottage of tenches farced	4
Pottage of farced Carps with turnips	5
Pottage of rosted Carps	6
Queens potage	7
Princes potage	8
Pottage of Tortoise	9
Pottage of farced mushrooms	10

Pottage of Soals without bones farced	11
Pottage of smelts	12
Pottage of sparagus	13
Pottage of fish	14
Pottage of Lettice farced, with pease broth	15
Pottage of Coleworts (or cabidge) with fried bread	16
Pottage of Coleworts (or Cabidge) with milk	17
Pottage of Coleworts (or Cabidge) with pease broth	18
Pottage of pumpkin with butter	19
Pottage of pumpkin with milk	20
Pottage of turnips	21
Pottage of milk with yolks of eggs	22
Pottage of profiteoles (or small vaines)	23
Pottage of pease	24
Pottage of herbs without butter	25
Pottage of onionn	26
Pottage of Cowcombers farced	27
Pottage of snow	28
Pottage of Mussels with eggs	29
Pottage of oysters	30
Pottage of Grenoiss	31
Pottage of salmon with a sweet sauce	32
Pottage of frogs with saffron	33
Pottage of bran	34
Pottage of hops	35
Pottage of raspberries	36
Pottage of parsnips	37
Pottage of leeks	38
Pottage of farced Barnicle	39

Pottage of Eele pout	40
Pottage of broken sparagus	41
Pottage of coliflowers	42
Pottage of fidelle	43
Pottage of rice	44
Pottage of Tailladine	45
Pottage of pease broth of green pease	46
Pottage of pease broth of old pease, served up green	47
Pottage of Barnicle with turnips	48
Pottage of garnished Barnicle	49
Pottage of leeks with pease broth	50
Pottage of Bunts	51
Pottage of herbs garnished with cowcumbers	52
Pottage of onion with milk	53
Pottage of Losches	54
Pottage of Vives or sea dragons	55
Pottage of Rocher	56
Pottage of farced mushrum	57
Pottage of Almond milk	58

## 7 A method for to make ready and serve up the fast daies Potages.

WArm some water with butter and salt; then take sorrel, buglose, burrage, succory, or lettuce, and beets; after they are well cleansed, cut them, and put them into a earthen pot, with the first cut of a loaf; boyl all some while, untill it be well consumed; then soake your bread, take up and serve.

### 2. Potage of Crawfish.

Clense your Crawfish and seeth them with wine and vinegar, salt and pepper; after they are sod, pick the feet and tail, and fry them with very fresh butter, and a little parsley, then take the bodies of your Crawfishes, and stamp them in a mortar, with an onion, some cloves, and mace, a little ginger, a little pepper, and a little salt, hard eggs, and the crummes of a loaf; set them a soaking with some good herbe broth, or some other, if you will use pease porridge, it must be very clear; after it is boyled, strain all together; after it is strained, set it before the fire, then take some butter, with a little minced parsley, and fry it, then put it into your broth well seasoned, and soak it with your crusts, covered with a dish or a plate, put also

also on your bread a little of a hash of Carp, and juice of Mushrums; fill up your dish, and garnish it with your feet and tails of Crawfish, with Pomegranate, and juice of Lemon, and serve.

### 3. Potage of Carp.

Take out the bones of a Carp, and put the bones to boyl in pease porridge, with some onion or hard eggs, and crummes of bread, after they have boyled, strain them, fry them with a little parsley and put them in the broth again. After they have boyled, dry and soak your bread, make a hash of the flesh of your Carp; and when it is sod, put it upon your bread, and fill it garnished with *Andevilletts*, and all well seasoned, serve with lemon juice and mushrums upon it.

### 4. Potage of Tenches.

Take your Tenches, take out the bones and the flesh, then farce them with their flesh minced very small, after this you shall close up again neatly the hole wherat you have put in your farce, all being well seasoned. As for the broth, take it, if you will, of pease porridge, or of turnips, or of herbs, or of tenches, or of almonds, or of carps, or of crawfish, it matters not, so that it be good; soake your bread, and garnish it with tenches either farced or rosted, or with what other garnish you will, then serve.

### 4. Potage of Carps farced.

Take out the bones and the flesh of your Carps

Carpes, and farree them with their own flesh, sowing up again very neatly the place wher-  
at you have put in your farce, as at the ten-  
ches; seeth them in a dish with broth, but-  
ter, verjuice, chibols, large mace, a bunch  
of sweet herbs, and peper; seeth the bones and  
take out and strain the broath thereof, which  
you shall have seasoned with salt, peper, and  
crums of bread, soak your bread, and garnish  
it with your farced carps, capers, Sampiere,  
pine seeds, and mushrooms, then serve.

6. *Pottage of rosted Carps.*

After they are prested, slit them on the top, melt some butter, and endore your Carp with it, put it on the gridiron, and broyl it without scales, make a sauce with butter, parsley, chibol; a drop of verjuice and vinegar, all well seasoned and soaked with broth taken out of another pot, or with pease broath: Then take some turnips; cut them in two, after they are blanched, flowre them and fry them; after they are fryed, put them into a pot with some water or pease broath, and when they are sod and seasoned, soak your bread, and garnish it with your carps, turnips, Sampiere, and with capers, then serve.

If you doe not put in turnips, you may garnish with mushrooms, or cut sparagus, and with the Melts of carps.

7. *The Queens pottage.*

Taoe Carps or Tenches, seeth them with water, salt, and an onion, parley, hard eggs, and

and the crummes of a loaf; when they are sod, strain your broth, and put it into another pot, with as much butter as you would put into another broth; take some almonds, and stamp them well, mixe them with the half of your broath, and after they have boyled together a while, strain them, and put in an onion sticke with cloves, and set it upon a few vvarme cinders; soak your dish vwith a little of your first broath, and fill up your dish with vwhite broth, with the yolk of an egge allayed vwith verjuice, and the juice of mushrooms, so that it nevertheless be not too much thickned; then serve garnished with Pomegranate, and slices of Lemon.

8. *The Princesses pottage.*

Take pease broath, very clear, in it seeth the bones of Carps vwith some yolks of eggs, and a bundle of herbs, all well seasoned, then dry a loaf and soak it, try into it a very little of hash of Carp, and juice of mushrooms; fill up your dish by degrees as it is soaking, and garnish it with mushrooms, troulies, melts, liver of Ele-pouts, with all kind of herbs, Pomegranate, and vwith Lemon slices, then serve.

9. *Pottage of Tortoise.*

Dress them, and cut them into peeces, pass them in the pann, with butter; parsley, and chibol; after they are well passed and season'd, set them a soaking in a dish on the chafing

sing dish with little broth. Which to make you shall clese wel your Tortoises, and seeth them in water, well seasoned, and use it. Have a care you doe not burst the gall in cutting of them; soak your bread, and then garnish it with your Tortoises, and their sauce, with sparagus broken about the dish, mushrooms, troulles, lemon slices, and the juice of mushrooms, then serve.

10. *Potage of Mushrums farced.*

Take the pickings of your Mushrums, and wash them well; seeth them in water, or in some other broth, with an onion sticket, and a twigge of thyme, all well seasoned; straine your broath, and put it into a pot, then pass also your mushrums in the pan with butter, parsley, pine apple seeds, and capers, and put them in the same pot again, you may make the ground of your potage with sonie Carp bones, which you shall boyl with your mushrums; soak your bread, and when it is well soaked, put on it a bed of hash of Carpes, and then fill it up with your implements by degrees as it doth soak; after it is filled, garnish your potage with your mushrums farced with the same farce wherewith you have made your hash sod between two dishes, and with melts; and when you are ready to serve, pur about it Pomegranate, or Lemon, then serve.

11. *Potage of Soals without bones farced.*

Fry them almost outright, and open them along

along the bone, which you shal take out; take Melts, oysters, capers, mushrooms, troulles, and pass them in the pan with parsley and whole chibols; farce your soales with these implements; and after they are farced, soak them with a little broth, fresh butter, lemon or orange juice or verjuice, soak your bread with the broth of any fish you have, as you will, and garnish it with your soales, with mushrooms, troulles, melts, and juice of mushrooms, and set about the dish some slices of lemon, serve.

12. *Potage of Smelts.*

Make broth with Almonds, or fish, or mushrooms, or pease broth; all being well seasoned, soak your bread, and put a little white broth over it, of yolks of egges allayed, and the juice of mushrooms; take your smelts, fry them, and garnish your potage with them, or if you will, before you garnish, put them with ragoust; which to doe, you shall take some parsley, chibols, butter and verjuice, and fry them together, and then straine them, and after they are strained, you shall put them vwith your smelts; serve them garnisht vwith pomegranate and lemons.

13. *Potage of Sparagus.*

Take store of herbs, put them in a pot, vwith crums of bread, and season them vwell, then fry them, and after they are fryed, put them againe in the pot; soak your bread, and garnish it vwith sparagus, vwhich you shal

shall have caused to seeth vwith vwater and salt, and being drayned, put them vwith fresh butter, salt, cinnamon and nutmeg; over your potage, you shall serve fryed broken sparagus, then serve.

*Another way.*

Use the same broth, put upon it a little of hash of carpe garnished vwith fried sparagus, and other mushrooms, and melts, then serve.

*Another way.*

After your bread is vwell soaked, garnish it vwith hearbs and sparagus, vwith capers and yolks of eggs, and serve. You may vwhiten your potage if you vvill.

*14. Potage of baslets of fish.*

Take carpes, take out the bones, and make a hash with butter well seasoned with good herbs, take the bones, and boil them with pease broth or other broth, with a bundle of herbs, butter and salt; then with your skins of carps, make some haslets, that is some pieces of skins of carp spreading them; and putting them upon your hash seasoned, and eggs for to thicken them, then roul them up like small chitterlings; after they are thus rouled up, seeth them in a dish with butter, a little verjuice and a chibol, after they are ready, garnish your bread with your hash and haslets, and put upon it mushrooms and broken sparagus, then serve.

*15. Potage of lettuce farced.*

Take lettuce, blanch them in fresh water, make

make a farce of fish or of hearbs, and after you have farced them with it, set them a soaking in a pot with some pease broth, or some other broth, and season them well with butter, salt, and an onion sticked with cloves; soak your bread, and garnish it with your lettuce, vwhich you shall cut into halves; you may put to it a bed of a hash of fish, then serve.

*16. Pottage of Cabidge (or Coleworts,) with milke.*

Cut your Cabidge into quarters, and blanch them, then put them in the pot with water, store of butter, salt and peper, and an onion sticked with cloaves; after they are well sodden, put some milk to them, soak your bread, and serve it garnished with your coleworts (or cabidges.)

*17. Pottage of cabidge, or coleworts, with fried bread.*

Blanch your coleworts, or cabidge, and put them in the pot, as abovesaid, and serve garnished vwith fried bread.

*18. Pottage of coleworts, or cabidge, with pease broth.*

It is made as abovesaid, but instead of water, you put them in the pot vwith pease broth: garnish and serve alike.

*19. Pottage of pumpkin with butter.*

Take your pumpkin, cut it into peeces, and seeth it vwith vwater and salt; after it is sod, straine it, and put it into a pot with an onion stick-

sticked with cloves, fresh butter and pepper; soake your bread, and if yon will, allay three or four yolks of eggs, and powre them over it with broth, then serve.

20. *Potage of pumpkin with milk.*

Cut it and seeth it as abovesaid, then pass it through a straining panne with some milk, and boyl it with butter, season'd with salt, pepper, Cinamon, and an onion sticked, and serve it with yolks of eggs allayed as abovesaid.

21. *Potage of turnips fryed.*

Scrape your turnips well, and cut them into quarters, or in two, blanch them, flowre them, and passe them in the panne with refined butter, which you shall take away when it is very brown, and then you shall put your turnips in the pot w th some water, or with some pease broth, let them seeth well, and season them; soake your bread, and garnish it with your turnips, grapes and with capers, then serve.

*Another way.*

After your turhyps are scraped, cut into quarters, and blanched, seeth them with water, butter, salt, and an onion sticked with cloves; after they are well sod, soake your bread, and after you have put your turnips with some fresh butter, and stirred them of ten untill the butter is melted, garnish your potage with them, and serve.

22. *Po-*

22. *Potage of milke with yolks of eggs.*

Take very new milk, and boile it, season it with salt and sugar; when it is ready to boil, allay seven yolks of eggs for one gteat dish, and for a small one proportionably, put them into your milk, and stirre it well, in making of it's broth, take bisket or bread, and make your potage with it, which you shall serve sugred.

*Another way.*

Make your milke ready and garnish it with eggs poached in water, well chosen and very new, to the end they may poach the better, then serve.

23. *Potage of Profiteolles, or small vailes.*

Soak your bread with the best of your fast daies broths, then take six small loaves made for the purpose; dry them well, and open them on the top about the bignesse of one shilling, whereat you shall take out the cruni; when they are very dry, fry them with refined butter, and after you have drained them well, set them a soaking upon your bread, when you are ready to serve, fill them up with all kinds of things, as with melts, mushrooms, broken sparagus, troufles, hartichocks, and capers, cover up your loaves again with their covert, and garnish with melts, mushrooms, pomgranates, and lemon slices, then serve.

24. P

24. *Potage of green pease.*

Pass them in the panne with butter or melted lard, the smallest and newest you can finde, and set them a soaking into a small pot, well seasoned with a little parsley and chibol; then soake a loafe with some herbe broath, or some old pease broath, after is is soaked, garnish it with green pease, and serve.

*Another way.*

Take the biggest, and seeth them, then strain out the broath of them, and fry some butter into it with a little parsley and minced chibol, and season it well, soak your potage, and put capers into it, and garnish it with fried bread.

25. *Potage of herbs without butter.*

Take a great quantity of good herbs, when they are green, break them, put them into boiling water, with the first cut of a loafe, and season them well, so that they may be something sharpish with store of sorrell; soak your bread, take up your potage, and mixe some capers with it, if you will, then serve.

For to make your potage somewhat sharp, take halfe of the hearbs half sod; and straine them; and for to make it green, you must stamp some sorrel.

26. *Potage of Onion.*

Cut your onions into very thinne slices, fry them with butter, and after they are fried put them into a pot with water or with pease broath;

broath; after they are well sod, put in it a crust of bread, and let it boyl a very little, you may put some capers in it; dry your bread, then soak it; take up, and serve with a drop of vinegar.

27. *Potage of cowcumbers farced.*

Take your cowcumbers, pare them, and empty them very neatly, blanch them; and after they are blanched in fresh water, drain them; make a farce with sorrel, yolks of eggs, and whole eggs, all well seasoned, and powre it into your cowcombers; after this put them into a pot with some water or pease broath, seeth and season them well, with capers, if you will; then soake your bread, and garnish it with your cowcombers, which you shall cut into quarters, then serve.

28. *Potage of Snow.*

It is made with milke well seasoned with salt and sugar, when you are ready to serve, take the whites of the yolks of eggs which you have allayed for to put into your milk; try them well, and powre them into your milk, serve and sugar them.

*Another way for flesh daies.*

Soake your bread with some almond broth, a little minced meat and juice of mutton altogether; when you are ready to serve, frye some whites of eggs, and put them upon your potage, and passe the fire-shovel red hot over them, and serve.

29. *Potage of mussels.*

Scrape and wash them well, then boyle them in a panne with some water, salt, and an onion, after they are boiled, take them out, and picke them, taking off the shell to some, and leaving it to others for to garnish; after they are thus picked, pass them in the panne with a little minced parsley; as for your broth, after it is settled, leave the bottome, least there be some gravell, then boil it, and when it boiles, fry into it a little parsley with some very fresh butter; soake your bread; after it is well soaked, take up your potage, garnish it with your mussels, and whiten it with yolks of eggs allayed in verjuice, if you will, then serve.

30. *Potage of oysters.*

After your oysters are well blanched and flowered, passe them in the panne with a little parsley, then soake them in a pot; soak your bread in other broth, as white meat; after it is well soaked, garnish it with your oysters; whereof you shall fry some, like fritters, for to garnish with pomgranate, lemon slices, and juice of craw-fish, then serve.

31. *Potage of grenoſts.*

Dress them and seeth them after the manner of stewing, season it with all kinds of good herbs, with butter, and a drop of white wine; soake also your bread, and garnish it with your grenoſts, capers, mushrooms, and melts of carpes, if you have any, then serve.

32. *Po-*32. *Potage of Salmon.*

Cut salmon into slices, and fry it, then soak it with a little white wine and some sugar; soake also your bread with any other broath you have, so that it be well seasoned; garnish it with your salmon, the sauce upon it, and thus let it boyl a little, then serve.

*Another way.*

Take your salmon when it is Cut into pieces, and passed through the panne, and season it with some pepper, nutmeg, ginger, and salt them, put it a boylng with some whitewine, a little vinegar; a bunch of sweet herbes, and a whole Chibold, and some blades of large mace; let this boyl a while, then put it to some of your best broth, and garnish it with oysters, yolkes of egges boyl'd hard, minced fine with fyed parsley, mushrooms, pomgranate, and sliced lemon, soake your bread with your broth; setve.

33. *Potage of frogs with saffron.*

Trusle up your frogs, and boyl them with broath, or with pease broth, and season them with parsley, an onion sticked with cloaves, and a twig of thyme; soak your bread, and garnish it with your frogs blanched, with saffron or yolks of eggs, then serve.

*Another way.*

Trusle them up cherri-like, fry them, and stoe them between two dishes with a little

fresh

fresh butter, a drop of verjuice, the juice of an orange or a lemon, and season them well with a bundle of herbs, then to make your broath, boile some with pease broath, or water, salt, parsley, chibols, one handfull of stamped almonds, and yolks of egges; after which you shall straine altogether; soak your bread, upon which you may put a little of the hash of carpe, or other fish, fill up your dish and garnish it with your frogs, lemon, and pomgranate, then serve.

34. *Pottage of bran.*

Take wheat bran the biggest you can find, boil it well with water, with one handfull of almonds, and a bundle of herbs, and season it wel; then pass it through a strainer, and put it again to boile; soak your bread, and fill your dish with this broath, which you may whiten if you will, with eggs allayed with verjuice, and garnish it with fleurons if you have any, then serve.

35. *Pottage of hops.*

Take good store of herbs, which you shall season as a pottage with the crumbs of a loaf, fry all, and put it to boyl in a pot, frys also some fresh butter in the pan with a little parsley, and a bundle of herbs, and pour it into your pot. soak your bread with your broath, after this, seeth your hops with water and salt: after it is sod, and drained, put it with butter, and garnish your bread with it, then serve your pottage whitened, if you

you will, with yolks of eggs allayed in verjuice.

36. *Pottage of Raspberries.*

Allay some eggs with some raspberries, and strain all together, boyl some milk, well seasoned with salt, and when it boyls, pour your implements into it, and stir it well, take it up, garnish it with raspberries, and serve.

37. *Pottage of Parsonips.*

Cleane them well, and chuse the middle sized ones, seeth them with butter and a bundle of herbs, and season them with salt, and clove sticked, then take them out, & take off the skin if you wil, and then put them with butter, and a drop of broath, stove them, and you shal find your sauce thickned; your bread being also well soaked, and your potage filled, garnish it with your Parsonips, then serve.

38. *Pottage of Leeks.*

Take the white of your Leeks, and cut them very small, keep soime of them which you shall cut in length for to garnish, and shal ty them together, blanch them, and seeth them with pease broath or water; after they are sod, soak your bread, and garnish your potage with the Leeks you have cut in length, then serve.

You may whiten them with yolks of eggs allayed with verjuice.

You may also put to it some milk and pepper, and serve forthwith.

If you will serve them without whitening of them, you must seeth them with pease broth, put some capers, broom buds, sampeire, cut small, and pine seedes to them, and season them well; soak and serve garnished as the other.

39. Pottage of Barnicle farced.

After it is well flayed, take off the flesh, & mince it wel with butter, mushrooms, yolks of eggs, salt, Cinnamon, beaten cloves, and mace, ginger and peper, fine herbs, as parsley, chibols, thyme, two or three eggs raw for to bind the flesh, then farce your Barnicle, and close it up with a scure, or a thread; put it in the pot with pease broth, the clearest you can get, and seeth it well, it thickneth but too much with boyling; soak your bread, and take up your Barnicle with what garnish you have, then serve.

40. Pottage of Eele pouts.

Flowr them, fry them, and garnish your pottage with them, after that your bread is well soaked with the best of your broths; when it is very full, garnish it with what you have, as mushrooms, truffles, sparagus, melts, and whiten them with almond broth, or otherwise with the broth of Crawfish.

41. Pottage of broken Sparagus.

Dry some crusts, and soak them with the best of your broths, garnish them with your sparagus and mushrooms, and if you will with sparagus at length, then serve.

If you will have them to relish of greenenes, blanch them in the broth whervvith you soak your bread.

42. Pottage of Colliflowers.

Fit your Colliflowers as for to put them with butter, and blanch them but very little, then make an end of seething them, and season them well; soak your bread with any broth you have, and garnish it with your Colliflowers fryed in butter, salt, and nutmegge, and besprinkle them with almond broth, then serve.

43. Pottage of Fidelles.

Peele five or six onions, and mince them, boyl them with water and butter; after they are sod, strain them through a linnen cloth, and seeth your Fidelles with the broth, and season them vvith salt and peper; after they are sod, soak your bread, and garnish it vvith them, then serve.

You may seeth them with milk.

44. Pottage of Rice.

Whiten your Ricc, and vwhen it is very clean, burst it in water, or milk; seeth it; after it is sod, take some proportionably, and strain it, for to make your broath; being seasoned as the Fidelles, soak your bread, put a little Rice upon it, and garnish it with pufst Tailladins, and Fleurons, then serve.

You may make a pottage vvith milk the same way, and serve it, if you wil, sugred, and garnished vvith Macaron.

## 45. Potage of Tailladins.

Make a paste seasoned onely with salt, spread it, and cut it as thin as you can after the forme of Tailladins, passe them in the pan, and soake them with a very little of good broth, after they are well soaked, take very little bread, and garnish it with the rest of your Tailladins, seasoned as the Fidelles, then serve.

## Another way.

If you have a little fine paste, or puff paste, spread it and cut it into Tailladins, fry it in refined butter, garnish your potage with it, and serve,

## 46. Potage of green pease broth.

Seeth your pease but a very little, beate them in a mortar, and strain them with the broth of herbs well seasoned, and a bundle of herbs, then take chibols, parsley, and butter, and all being fryed together, throw it into your pease broth, which you shall boyld.

For the garnish, cleanse some leitice, sycory, or cowcombers and small pease fryed, and sod with butter, salt, and a little pepper; when you are ready to serve, soak your bread with your pease broth, and garnish with what you have, or with artichocks bottomes if you will, then serve.

## 47. Potage of pease broth of common

peas: served green.

Seeth them with water, to have done the

sooner, take your pease broth out very clear, and when you are ready to use it, fry into it parsley, charvel, young sorrel, butter, bran, and capers, then boyl it with all these seasonings; soak your bread with some of your broth; and if you have nothing to garnish with, garnish it with fryed bread, or with Fleurons, then serve.

To serve it green, stamp beets or sorrel, and lay it about your dish.

## 48. Potage of Barnicle with turnips.

After your Barnicle is dressed, larde it with Eel or Carpe, then passe it in the pan, and seeth it with half water, and halfe pease broth well seasoned with butter and a bundle of herbs; when it is almost sod, cut your turnips, flowre them and passe them in the pan with butter, and when they are very brown, seeth them with your Barnicle; when it is sod, soak your bread, and garnish with it, together with your turnips. If your potage is not thickned enough, fy a little flowre into it, some capers, Sampeire cut small, pine seeds, the meat of a lemon cut small, and a drop of vinegar, then serve.

## 49. Potage of Barnicle garnished.

It is done as the other, but that if you will not have your turnips to be seen, you may strain them, and season them with a bundle of herbs or onion, and good butter; after it is well sod, serve your potage well garnished with mushrooms and artichocks, and a little thickned;

50. *Potage of Leeks with pease broth.*

Whiten them a very little, and seeth them with poase broth, well seasoned with butter and salt, soake your bread, garnish it with your leeks, which for to whiten, allay some yolks of eggs with broth, and powre them on it, then serve.

*Another way.*

After your Leeks are sod, and reduced to little water, put to them some milk well seasoned, and serve.

51. *Potage of Burs.*

Take of the tailes and heads of your Burs, and half fry them, then put them in *raux* or *castrolle*, with a very long sauce, and well thickned, soak your bread with some of the best of your broths, and garnish it with your Burs at the top, with mushrooms, and capers, then serve.

If you have no fish broth, the pease broth is good.

52. *Potage of herbs garnished with cowcom'ers.*

Take all kind of herbs, cleanse them wel, and soak them with butter and a bundle of herbs, over a small fire, then by little and little fill them with warm water. After they are well boyled and seasoned, put in the first cutting of a loaf, with an onion sticked, the peeple of an orange minced, and some capers, if you will, and you may garnish it with sodden lettuce; and you may also seeth some

some pease among the herbs; serve readily, and garnish with cowcombers.

53. *Potage of onion with milk.*

After your onion is cut very thinne, and fried with butter till it be very brown, seeth it with a little water, well seasoned with salt and peper; after it is enough, put milk to it, then boyl it, and serve readily, soaking your dry crusts.

54. *Potage of Losches.*

Being whole, farce them with a little sorrel, clear yolks of eggs, and milk, and season them well with melted butter, mixe all together without flowring them, but of themselves, and leeth them with butter, parsley, salt, and pepper, and soak your crusts with the best of your broths, and a little oyster liquor, and garnish them with your Losches, which you shall whiten with the yolks of egg, then seive.

You may serve them at the Entree or first course, or fry them; you may also garnish some potage with them, or use them that it may be brown; and garnish as soon as they are fryed.

55. *Potage of Vives or Seadragons.*

After they are well cleansid, boyl them with a little pease broth and white wine, onion sticked, or a bundle of herbs, all wel seasoned, then take out your Seadragons, and put them with ragoust, taking some thick-

ning or troufles; let them soak well seasoned with salt, fresh butter, minced capers, and one anchovie, and cover them; passe the broth through a strainer, and boyl it with fresh butter, paste, parsley, and minced capers; soake a crust of bread, and put over it a few minced mushrooms, and of the flesh of a Seadragon; when it is well soaked, garnish it with your Seadragons, and the ragoust upon, then serve.

The potage of Rochet is made, served, and garnish'd alike.

57. Potage of Mushrooms farced.

It is made the same way as that of the Princess; garnish it with your mushrooms farced, and with melts, fill up with the best of your broth, with such other garnish as you will, and serve.

58. Potage of Almond milk.

After your Almonds are stamped, soak them with milk and the crumms of one loaf; then strain them, and season them with salt and sugar; when you are ready to serve, put some sugar in it again, and serve.



A Table of the Entrees (or first courses) for fish dayes out of lent.

Soales with ragoust	1
Pike with ragoust	2
Tinches with ragoust	3
farced Tenches with ragoust	4
Tenches fried and pickled	5
Stewed carp	6
Carpe farced with ragoust	7
Carpe fried with ragoust	8
Carpe broyled with ragoust	9
Carpe with a half short broth	10
Hash of carpes	11
Bream with ragoust	12
Salmon with ragoust	13
Stewed salmon	14
Trutes salmoned	15
Eelpout with ragoust	16
Eelpout fried with ragoust	17
Cisters with half shorth broth	18
Cisters with ragoust	19
Cisters in fritters	20
Cisters broiled	21
Vilain with ragoust	22
Vilain with a short broth	23
Vilain stewed	24
Slier broiled and farced	25
Soies broiled without farce	26
Soies stewed	27
Barbels	

Barbels with ragoust	
Barbels rosted	
Barbels with half short broath	
Barbels with short broath	
Stewed barbels	
Barbels in Castrolle	
Burts in Castrolle	
Fried Bures	
Burts fried with the juice of oreng	
Plaice in Castrolle	
Plaice rosted	
Barnicle with ragoust	
Barnicle with short breath	
Barnicle rosted with ragoust	
Barnicle without bone's, farced	
Chawmes rosted with ragoust	
Chawmes with short broath	
Chawmes stewed	
Lamprey with ragoust	
Lamprey on the gridiron with ragoust	
Lamprey with a sweet sauce	
Eel rosted, with a green sauce	
Stewed Eel	
Eel like servelat	
Eele with ragoust	
Sea Eele	
Sea Eel stewed	
Sea Eele fryed with ragoust	
Lobster with short broath	
Lobster with a white sauce	
Langouste with short broath	
Langoust with a white sauce	

Pike farced	60
Pike rosted on the spit	61
Fresh mackerel rosted	62
Fresh herring broiled	63
Herrings with a brown sauce	64
Pilchers of Royant	65
Rochet with ragoust	66
Grenosts with ragoust	67
Fresh cod broiled, with ragoust	68
Cod with half short broath	69
Fresh cod with ragoust	70
Greel fish	71
Sopprese of fish	72
Cinnamon of fish	73
Mussels	74
Raye fryed with ragoust	75
Smelts with ragoust	76
Tripes of cod fried	77
Cuttle-fish fried	78
Poor John fried	79
Poor John with a sauce Robert	80
Joale of salmon with a sweet sauce	81
Joale or chine of salmon in salat	82
Tons pickled	83
Mackerels salted	84
Pickled herrings	85
Red herrings	86
Common or ordinary troutes	87
Pie of Eele pouls	88
Eele pie	89
Pie of Grenosts	90
Small fish pies	91
Pike	92

Pie of plaices	92
Tourt of Melts	93

## 8. A ready Method how to make ready the fish services contained in the precedent Table.

### 1. Soales with ragouſt.

TAKE your soales, scrape and empty them, drain them, and wipe them dry, then flowre them and pasle them in the pan half fried; afterwards open them, take out the bone, and farce them with capers, pine seeds, samphire, the peel, of a lemon finely minced, a little nutmeg, large mace, and salt, mushrooms, troufles, melts, very fresh butter, a few chippings of bread, a chibol, a little verjuice and broath, soak all together, and serve with the juice of a lemon over it.

### 2. Pike with ragouſt.

Cut it into pieces, and put it into a pot with white wine, a bundle of herbs, and butter very fresh, and season it well with capers, lemon cut through with your knife, rosemary, and mushrooms; then after the sauce is very short, and well thickned, serve

serve it with slices of lemon and pomgranate.

### 3. Tenches with ragouſt.

Scald and dresle them, cut them into slices, and wash them well, then boile them in a pipkin with salt, peper, mace and an onyon; put in it halfe a pint of white-wine, and a little minced parsley; and the sauce being very short, thicken it with yolks of eggs, then serve.

### 4. Tenches farced with ragouſt.

Scald them, and take out the bones, then make a farce with the flesh, which you shall season; and with it farce your tenches, with the yolks of hard eggs; then set them a soaking in a dish with a little broath and white-wine, a few chippings of bread, mushrooms, if you have any, Sparagus, melts, and troufles, then serve.

### 5. Tenches fryed and pickled.

After they are dressed, cut them in the middle, then pickle them with salt, pepper, onion, and lemon peeple; after they are pickled, take them out and dry them, flowre them with flowre, or allay two or three eggs with a little flowre and salt, and fry them with refined butter; after they are fryed, set them a little a boyling with their pickle, then serve, and garnish with what you have.

### 6. Carpes stewed.

Dresle your carpes, take off the scales, and cut them proportionably to their bignesse, seeth them in a pot, kettle, or skellet, with white

white or claret wine, and season them well with salt, cloave, peper, minced onyon, chibol, capers and some crucks of bread; seeth all well together: and when it is enough, and the sauce thickned and short, serve.

7. *Carpe farced with ragoust.*

After your carpe is well scaled, emptie it, and cut it along the back bone, take off the skinne and take out the flesh, which you shall mince very small, and season it with parsley, fresh butter, salt, pepper, cloaves and mace, a little ginger, yolks of eggs, milke, and melts, then make a ragoust, with broth, verjuice, fresh butter, mushrooms, sparagus, and chibols; after it is well iod, and the sauce well thickned with chippings and capers, serve.

8. *Carpe fryed with ragoust.*

You must scale it and empty it, then slic it, and take out the bone, powder it with salt and flowre it, then fry it in refined butter; after it is fryed, serve it dry with the juice of an orange over it.

9. *Carpe broyled with ragoust.*

Emptie it as it comes out of the water, slice it on the top, butter it, and put it on the gridiron; when it is broiled, make a sauce with fresh butter pasted in the panne, parsley and chibol minced very small, verjuice, vinegar, and a little broth, season all well, and seeth it with capers; If you will, serve with a greene sauce, and serve as soone as you have put it in.

10. *Carpe*

10. *Carpe with halfe short broath.*

Take your carpe as it comes out of the water, emptie it and cut it proportionably to its bignesse, put it with vinegar, a very little salt, peper, and minced onyon, then put it with capers and very fresh butter, seeth it in a kettle with it's implements; and when the sauce is thickned, put it into a dish, least it should smell of the brasie, and serve.

11. *Hash of Carpes.*

Take carpes, scale them, emptie them, and take off the skinne, cutting it at the gills, and taking it off beneath, after they are unskinn'd, take off the flesh, and mince it with parsley, then allay it with some broath and very fresh butter, season it well, and seeth it with a bundle of herbs; when it is well sod, put to it creame or milke with yolks of eggs, if you will, and serve, well garnished with sparagus, and melts of carpes.

*An other way after the Italian.*

Take your carpe and draw him, then put a little vinegar into him to make him bleed, and save the blood in a pipkin, then wash your carpe and boyle him in water, some white wine, salt and sweet hebs, then take your blood and put into it the melt of the carpe, cut small son e oysters, mushrooms, a few capers, large mace, nutmegg, peper, and salt, let these boyle together, very leasurely over a gentle fire, then burne a little butter in the panne, to colour your sauce, and serve it

it on your carpes garnished with smelts and small shell fish as you see occasion, sliced lemons, barberries, grapes; Rub the bottome of your dish with a cloave of garlick before you dish it, dish it upon your bread being fryed and soaked in your sauce.

12. Breame with ragoust.

Eemptie it, and put a bundle of herbs into the body of it, melt some butter, rubbe it with it on the outside, and put it on the gridiron; after it is broiled, make a sauce with fresh butter, capers, parsley, and minced chibols, soake it well with vinegar, and a little broath; after the sauce is well thickned, serve.

13. Salmon with ragoust.

Broyle it sticked with cloaves; after it is broyled, put it with a little very fresh butter, wine, salt, pepper, and sugar, stew all together, untill the sauce be short, and almost in a sirup, then serve.

14. Salmon stewed.

Cut it into slices of the thicknesse of two or three fingers, and put it after the way of stewing, sticked with cloaves in a kettle with white or red wine, well seasoned with butter, salt and minced onyon; seeth it well with capers if you have any, when the sauce is short and thickned, serve, and garnish with what you will.

15. Troutes salmon'd.

Seeth and pickle them, and serve them the same

same way as the common troutes, of which you have the direction here under.

16. Eele poutes with ragoust.

Scrape them in warme water vntill they be white, emptie them, and put them in white wine, fresh butter, salt, pepper, onyon, and capers, stew them gently, and have a care that your sauce may not turne, that is, that it do not become oilie; garnish with mushrooms and melts, and serve.

17. Eele poutes fryed with ragoust.

After they are dressed, if they are bigge, slit them on the back, and flowre them, then fry them halfe with refined butter; put them with ragoust, and fry into it fresh butter, capers, juice of mushrooms, parsley, chibols, salt and pepper, and the sauce being very short and thickned, serve.

Another way of Eele poutes stewed.

After they are scalded, or as many do flea them, cut them, or leave them whole, and stew them with white wine, a little onyon, which if you will not have seene, you may stick whole with cloaves, salt, pepper, butter, and a bunch of fine herbs; after they are sod, and the sauce very short and thickned, serve; you may put to it capers, anchovies, sampeire, or grapes.

18. Oysters with halfe short broth salted.

Blanch them well in water, then passe them in the panne with butter, parsley, chibols, and season them well, stew them with

a little white wine ; after they are sod, and the sauce well thickned, serve.

*Another way.*

As they come out of the shell, put them on the chaufing dish with fresh butter, nutmeg, chibols sticked with cloves, thyme, a few chippings of bread, and the juice of an orange or a lemon; after they are sod, serve.

*Another way.*

Take them dead or alive cleanse and blanch them well, then passe them in the panne with an onyon very small, good fresh butter and capers, season them well, when they are sod, serve; you may fry them with lard and the same seasoning.

*19. Oysters with ragoust.*

Take them very new, open them, and take heed they be not dry, by striking one against another; For they which sound hollow, and dry, are onely good for to be salted; after you have taken them out of the shell, take the gravell out of them, and put them in a dish with their water, and fry them with fresh butter, onyon, parsley well minced, capers, and a few chippings of bread, when they are enough, serve.

*20. Oysters in fitters.*

Take them very new and blanch them, drain and dry them well; make a paste with verjuice or milk, wherewith you shall allay your flowre seasoned with salt; with an egge, or more proportionably; put your oysters into these

these implements, and take some refined butter, heat it well, and put your oysters therein one after another; after they are fryed, drain them, and strew on them a little small salt, beaten nutmegg, lemon pill, and spinage scalded and minced finely, and fryed parsley, then serve.

*21. Oysters broyled.*

Open them, choose the best, and let the lye in their shell, for to eat them new; to them which are something altered, put a very little fresh butter, with a little bread fryed, and a little nutmegge; then set them on the gridiron, after they are rosted, passe the fire-shovell red hot over them, that they may have a colour, and take heed they be not too dry, and serve.

*22. Vilain with ragoust.*

After it is dressed, broil it on the gridiron with a bundle of herbes in the body of it wel seasoned, after it is rosted, passe in the panne an onyon minced with fresh butter, chippings, capers, and anchovies, all well seasoned according to your tast; stew all together, and serve.

*23. Vilain with short broth.*

Broile it, after it is taken out of its broth; make a sauce *Robert*, and stew it with it, and serve with parsley.

*24. Vilain stewed.*

You may stew it as a Carp, and season it well with capers, chivols, parsley, and good fresh

fresh butter, the sauce being very short, serve.

25. *Soies broiled and farced.*

Dress them as they come out of the water, and endore them with butter, then put them on the gridiron, vwith a little farce, or vwith some salt, and a twigge of Sage.

For to make your farce take sorrell, parsley, and raw yolks of eggs, mince and season all together with a twigge of thyme, then put it into your Soies and make a sauce with fresh butter, salt, vinegar, peper, chibol, and parsley, all passed in the panne, and the sauce very short, serve with a little nutmegge upon it.

26. *Soies broiled without farce.*

Broil them without farce, make a sauce a-like; to which you shall adde some capers, then serve.

27. *Soies stewed.*

Put them as a Carp, thicken the sauce wel, garnish it with your Soies, and serve.

28. *Barbels with ragoust.*

If they are small, stew them, seeth them wel; and serve; it is all the ragoust that one may give them.

29. *Barbell rosted.*

If they are meanly big, dress them, and broyl them on the gridiron, and serve with a sauce of sharp tast.

30. *Barbels with halfe short broth.*

Take them big enough, put them with the half

half short broth, with white wine, fresh butter, salt, pepper, chibols, parsley, and capers, after they are well sod, and the sauce thickned, serve.

31. *Barbels with short broth.*

Seeth them in their short broth, after they are sod, take off the skinne, and put them on a dish, then make your sauce thickned, and put it over it; vwhich for to make vwell, take halfe a pound of new butter, vwith a drop of vinegar, or a little of halfe short broth; melt it, and as it melteth, put into it one or two yolks of eggs proportionably, thicken it well, and take heed it becomes not oyly.

For to make it with vinegar alone, take nutmegge, salt, gooseberries, or verjuice; seeth all in butter; when it is sod, take it out of your butter, and put it with your sauce, then serve, for the sauce can not be warmed again, without much prejudice and harme.

32. *Barbels stewed.*

They are done as the Carp, either whole or cut, with verjuice of grapes.

33. *Dabs in Castrolle.*

Dress them, and empty them under the gyl, cleanse them well, and draine them; after they are drained, put them in a bason or a skeilet, vwith butter, chibols under, beaten clove, salt, peper, capers, a little white wine or vinegar, and mushrooms, seeth all together leasurely, lest the flesh break off; after they are well sod, and the sauce thickned,

ned, serve the white side underneath, and garnish with your mushrooms.

34. *Burts in Castrolle.*

Dress and fit them as the Dabs, and serve alike.

35. *Burts fried.*

Fry them, and put them with ragoust, with the juice of orange, fresh butter, a whole chibol, and minced capers, then serve.

36. *Burts broiled.*

Broil them on the gridiron, and make a sauce with butter, onion, parsley, salt, pepper, and vinegar; after all is well fried together, soak it with your Burts, let the sauce be well allayed, and serve.

37. *Plaice in Castrolle.*

Dress them as the Dabs, but on the other side, seeth, and make them ready alike, and serve.

38. *Plaice rosted.*

The Plaice are rosted as the Burts.

39. *Barnicle with ragoust.*

Pull it well, and dress it as a Duck, then lard it with great lardons of Eele or Carp, spit it, and in turning it, baste it with butter, vinegar, salt, pepper, chibols, and lemon peeple; after it is half rosted, put it in a pot with water, and the sauce wherewith you have basted it; after it is well sod, and seasoned, put to it mushrooms, with capers, and serve.

40. *Barni-*

40. *Barnicle with short broath.*

Dresse and lard it as above, then seeth it with water, and season it well, when it is half sod, put to it a quarte of white wine, and seeth it well, then serve it with parsley over it.

41. *Barnicle rosted with ragoust.*

Rost it on the spit; after it is well rosted, put it on the gridiron, and make to it a sauce Robert, or such other as you will, then serve.

42. *Barnickle without bones farced.*

Farce it with what you have, mixed, and minced with the flesh of it, and put it with ragoust, after it is sod, garnish it also with what you can, as mushrooms, truffles, Sparagus, andouilletts, melts, rissolls, or fleurons, season all well, and serve.

43. *Chewmes with rosted ragoust.*

Empty it at the gil, and put in it a little salt, fine herbs, and an onion, rost it; after it is rosted, make a sauce with fresh butter, chibols, minced parsley, capers, goosberries, or verjuice, all passed in the panne, and well seasoned, stew it with your chewme; allay the liver of it with the sauce, if it is not thickened; or garnish with it, then serve.

44. *Chewme with short broth.*

Seeth it with a short broth, and when it is halfe sod, take it out and set it on the gridiron, then soak it with a brown sauce, and serve.

## 45. Chevme stewed.

Scald it wel, leeth it after the way of stewing, after it is stewed very wel, and the saud allayed, so that it be not oyly, serve.

## 46. Lampraye with ragoust

After is dressed, make it ready and serve as the Aloſe stoved.

## 47. Lampraye on the gridiron with ragoust.

After it is dressed, cut it proportionably to its bignell, then put it on the gridiron: after it is broiled, make to it such a sauce, you will, so that it be of sharp taſt, then

## 48. Lampraye with sweet ſauce.

Drefſe and cut it alike, make a ſauce with vinegar, ſugar, two or three cloves, a little butteſi, and a little ſalt; ſtove, and ſerve.

## Another way.

Cut it into ſmall peeces, and ſeeth it with wine, and ſugar, and ſeason it a very little because of the ſugar, mixe with it a little butter and capers, then ſerve.

## 49. Eele roſted with a green ſauce.

Cut it in lengths, and roſt it on the gridiron, then take ſouſel, or beets, and take out the juice, fy an onion very ſmall, ſeasoned with ſalt, pepper, a drop of vinegar, minced capers, and orange peele; gently ſtew your Eele with this ſauce, and when you are ready to ſerve, and your ſauce well allayed; poure your juice over it, then ſerve.

## 50. Eele ſtewed.

Cut it into peeces, and ſtew it with parſly, capers, white wine, fresh butter, all well ſealed, then ſerve.

## 51. Eele like Servelat.

Drefſe your Eel, and ſkinne it; which to be, take it next to the head, and cut it, then with a clout draw the ſkin downwards; after it is ſkinne cleave it in two, and take the bone, beat it well, and ſlice it in two, bread your two ſlices, and put to it pepper, salt, butter, and parſly, rowle them up, and yet them very taſt, put them into a pot with

white wine, well ſeasoned, and ſeeth them well; after it is well ſod, take it up, and cut into ſlices, garniſh a plate with it, and ſerve.

## 52. Eele with ragoust.

Cut it into peeces, and put it in a pan, or killet with white wine, butter, chibols, mined parſley, capers, ſalt peper, and a few chip-butter and capers, then ſerve.

Another way. Cut it into ſlices of bread to allay the ſauce; after it is enough, ſerve, and, if you will, whiten with folks of eggs in verjuice.

## Another way.

You may fry it with refined butter, or with salt, pepper, a drop of vinegar, minced capers, and orange peele; after it is dressed, cut the ſides, and take out the bones, pickle it a while, and if you will garniſh with it, fry it as ſoon as you will, it is to ſerve warme, fry it onely when you have ſeue for it; which you ſhall doe after you have dried it well, cut very thin and ſlow-

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red, or fried in a paste. Serve with juice of orange or lemon.

*Another wty.*

Broil it as the Lampraye, and season it with Sharp sauce, with what garnish you will.

53. *Sea Eele.*

Make it ready as the first ragoust of common Eel.

54. *Sea Eele Stewed.*

After it is dressed, cut it into lumps, and season it as the other stewings.

55. *Sea Eele fried with ragoust*

Make it as the second ragoust of common Eel, then serve.

56. *Lobster with short broth.*

Seeth it with short broth, well season with what is necessary; after it is sod, clear it in two, and serve it with vinegar and parsley.

57. *Lobster with a white sauce.*

After it is sod, break it, and cut the fish into peeces, which you shall fry with butter, minced parsley, and a drop of verjuice, which being done, take three or four yolk of eggs with a little of nutmeg, and them in the panne, serve forthwith and garnish with the feet of your lobster.

58. *Langouste with short broth.*

Seeth it, season and fry it as the lobster and garnish with the feet of your langouste then serve.

59. *Langouste with white sauce.*

It is done the same way as the lobster serve it dry with parley.

60. *Pike farced.*

Slit it all along the back, and take off the skin from the head to the tail, take out the flesh and the small bones, leave the backe bones for to keep it the firmer when it is farced. Which to doe, take half of flesh of pike, and half of carpe, or of eele, mince it very small with parsley, raw yolks of eggs, salt, pepper, fine herbs, butter and milke mixed together, with mushiunis, farce your pike, and sow it up again, then seeth it in a dripping panne, make your sauce with fish broth, or pease broth, a drop of verjuice, and a little vinegar, which you shall passe in the panne with parsley, capers and mushrooms, which you shall season and seeth well; serve and garnish with what you will, after it is well sod.

61. *Pike rosted on the spit.*

Dresse it the same way, and spit it, to the end it may hold fast, wrap it with buttered paper, and when it is rosted, take it off the spit, and soake it in the same sauce as the other, and garnish it with mushrooms, melis of carps, pistaches, troulles, and broken spargus, and have a care that the sauce be not too fat; then serve with pomgranate, or lemon peeple.

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63. *Fresh*

62. *Fresh mackerells rostled.*

Rost them with fennell, after they are rosted, open them, and take out the bone; then make a good sauce with butter, parsley, and gooseberries, all well seasoned; soak your mackerells a very little with your sauce, then serve.

63. *Fresh herring broiled.*

Empty them at the gills, and broile them on the gridiron, moistened with butter; after they are broiled, make a sauce with fresh butter, a drop of vinegar, salt, peper, and nutmeg, mixe some mustard with it, and serve.

64. *Herrings with browne sauce.*

After your herrings are broyled, make a browne sauce, making your butter browne in the panne with parsley, and chibols minced, which you shall put into your browne butter with a drop of vinegar; if you will, put to it capers, and serve.

65. *Pilchers of Royant.*

After you have scaled them, make them ready as the broiled herrings, serve with a white or browne sauce with mustard.

66. *Rochet with ragoust.*

After it is well dieſed, put it into a dish, and season it well with butter, salt, peper, a bundle of herbs, mushrooms, minced parsley, verjuice and broth; seeth it between two dishes; after it is sod, serve it with a sauce thickened; as for the garnish, you shall put some if you

you have any, if not, you shall let it alone. You may also make it ready as the grenſt which followeth.

67. *Grenſt with ragoust.*

Drefle anſt ſlit it, then butter it well on the outside, and broile it on the gridiron; after it is broiled, make a browne ſauce, with which you ſhall soak it, for to cauſe it to take ſalt, and the ſavour of what you have put to it, ſerve.

68. *Fresh cod broiled with ragoust.*

After it is drefled, you muſt butter it, and broile it on the gridiron, ſeasoned with ſalt and clove ſticked; as it is broiling, baste it with butter; after it is broyled, make a ſauce with very fresh butter, into which, after it is halfe browne, you ſhall put ſome minced parsley, and if you will, ſome onyon or chibol, which you may take out, for ſuch as are tantatiſtically; mixe a little broth with it, a drop of vinegar and minced capers; soak your cod in its ſauce; when you are ready to ſerve, put ſome muſtard in it, if you will, then ſerve.

69. *Cod with halfe ſhort broth.*

Seeth it with white wine, ſalt, peper, and a bundle of herbs; after it is ſod, drain it, and make a ſauce with butter, a little of its ſhort broth, a little nutmegge, and ſalt; ſet it on the fire, and turne it well; in turning of it, allay it with two yolks of eggs; and powre on it your Cod, then ſerve.

70. *Fresh*

## 70. Fresh Cod with ragouſt.

After it is scaled, emptie it, flit it at the eop, then put it into a dripping panne, or into a flat bacon, with good butter, salt, peper, and beaten cloves, some chibols under, broth or pease broth; boyl all, and put to it some parsley, a drop of vinegar, and a few chippings of bread over it; seeth it before the fire, or in an oven, which is best; after it is sod, serve.

## 71. Green fish.

Take it unsalted, scrape it, and seeth it in a kettle with fresh water, boyle it a very little, and scim it; after it is scimmed, take it off the fire, and cover it with some table cloth in double; when you are ready to serve, set it a draining; make a sauce with some butter alone, take heed that it curdle not, put it upon your fish, and serve with parsley on it, and about it.

## 72. Soupreſſe of fish.

Take the flesh of Carp, Eele, and Tenth, mince them together, and season them with a little butter very fresh, with capers, sampeir, some blades of large mace, and fine herbs; set up all into a linnen cloth, and tie it, then seeth with white wine like a short broth; after it is sod, set it a draining; after it is drained, untie it, cut it into slices, and serve it on a plate as a gammon of bacon.

## 73. Gammon of fish.

It is made the same way as the Soupreſſe, but

but that you do wrap in your implements with carp skinne, over a wrapping of butter'd paper, and over it yet a linnen cloth; seeth it alike, and serve it cold, as a gammon of bacon.

## 74. Mussels.

Cleane them, and boyl them a very little with a bundle of herbs, as soone as they are opened, take them up, and take them out of the shell, then fry them with fresh butter, parſley, and minced chibols, seasoned with pepper and nutmegg, then allay some yolks of eggs with verjuice, and mixe them together, serve, and garnish with the best shaped of their shels.

## 75. Rave fried with ragouſt.

Drefſe it, wash it well, and take off the slime which is upon it, then emptie it, and take out the liver very neatly, and the gall all; if your Rave is bigg, take off the two ſdes also, and leave the body; seeth them with white wine, or verjuice, salt, pepper, large mace, onion, & fine herbs; when they are sod, let them take salt a little, & take heed of the rellish of the braſſe; after that, take them out, & take off the skinne, make a browne ſauce with butter, parſley, and chibol, very ſmall, & fried with browne butter; put a drop of vinegar to it, & a peece of liver, & ſoake it with it, ſerve with gooseberries, or verjuice in the ſeason, and garnished on the top with the rest of the liver which you had in the kettle,

## 70. Fresh Cod with ragoust:

After it is scaled, emptie it, slit it at the top, then put it into a dripping panne, or into a flat bacon, with good butter, salt, peper, and beaten cloves, some chibols under, broth or pease broth; boyl all, and put to it some parsley, a drop of vinegar, and a few chippings of bread over it; seeth it before the fire, or in an oven, which is best; after it is sod, serve.

## 71. Green fish.

Take it unsalted, scrape it, and seeth it in a kettle with fresh water, boyle it a very little, and scim it; after it is scimmed, take it off the fire, and cover it with some table cloth in double; when you are ready to serve, set it a draining; make a sauce with some butter alone, take heed that it curdle not, put it upon your fish, and serve with parsley on it, and about it.

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Take the flesh of Carp, Eele, and Tenth, mince them together, and season them with a little butter very fresh, with capers, sampeir, some blades of large mace, and fine herbs; set up all into a linnen cloth, and tie it, then seeth with white wine like a short broth; after it is sod, set it a draining; after it is drained, untie it, cut it into slices, and serve it on a plate as a gammon of bacon.

## 73. Gammon of fish.

It is made the same way as the Soupreſſe, but

but that you do wrap in your implements with carp skinne, over a wrapping of butter'd paper, and over it yet a linnen cloth; seeth it alike, and serve it cold, as a gammon of bacon.

## 74. Mussels.

Clenſe them, and boyl them a very little with a bundle of herbs, as ſoone as they are opened, take them up, and take them out of the ſhell, then fry them with fresh butter, parſley, and minced chibols, ſeafonede with pepper, and nutmegge, then allay ſome yolkes of eggs with verjuice, and mixe them together, ſerve, and garniſh with the beſt ſhaped of their ſhells.

## 75. Ray fried with ragoust.

Drefſe it, wash it well, and take off the ſlime which is upon it, then emptie it, and take out the liver very neatly, and the gall all; if your Ray is bigg, take off the two ſides alſo, and leave the body; ſeeth them with white wine, or verjuice, ſalt, pepper, large mace, onion, & fine herbs; when they are ſod, let them take ſalt a little, & take heed of the telliſh of the brail; after that, take them out, & take off the ſkinne, make a browne fauſce with butter, parſley, and chibol, very ſmall, & fried with browne butter; put a drop of vinegar to it, & a peece of liver, & ſoake it with it, ſerve with goſeberrieſ, or verjuice in the ſeafon, and gaſhished on the top with the reſt of the liver which you had in the kettle,

your Ray being half sod, and cut it into slices.

76. *Smelts with ragoust.*

File them up together into rows, thrusting a small twigg through their eyes, flowre and fry them, put to them a little small salt, and take out the twigg, as you put them in the dish then serve with orange or lemon.

77. *Tripes of Cod fryed.*

Seeth them, and after they are sod, fry them with butter, onyon minced, or chibols, parsley, salt, and pepper, and at the latter end some vinegar, and a little nutmeg. You may whiten them with yolks of eggs and with verjuice, and serve.

78. *Cuttles fryed.*

Boyl them, after they are enough, cut them into peeces, and fry them as the tripes of Cods, and serve.

79. *Poore John fryed.*

After it is well watered, cut it into peeces, and seeth it, after it is sod drain it, and fry it with butter, onion, peper, nutmeg, and vinegar, then serve.

80. *Poore John with a saace Robert.*

You may put it with butter, a drop of verjuice, and some mustard, you may also mix with it some capers and chibols.

*Another way.*

You may serve it with oyle, vinegar, and onion minced.

81. *Roast*

81. *Roale of salmon with browne sauce.*

Unsalt it well, scale it, boyle it in water, and seeth it proportionably, as it is thicke, then let it rest, when you will use it, make a brown sauce, with butter, onyon, pepper, vinegar; put it over it and serve.

*Another way.*

After it is sod, draine it, and let it cool; and serve it with minced onyon, oyle and vi- negar.

82. *Roale or chine peece of salmon in sallat.*

After it is sod, put it with oyle, vinegar, cresles, or other such sallate as you will, and some capers, if you have any, then serve.

83. *Tons pickled.*

Dresse them, and cut them into slices, or peeces of the thicknesse of three inches, stick them with cloves, and put them into a pot with salt, pepper, vinegar, and some bay-leaves; cover it well, and when you will use it, water your peeces, and seeth them with wine; serve them dry, or with a b.own sauce, seasoned with what you will.

84. *Mackerels salted.*

Slit them along the belly, and salt them; for to use them water them, and seeth them in water, after they are sod, serve with pat-ley, vinegar, and pepper, you may put some oyle if you will.

*Another way.*

After they are sod, make a sauce to them with butter, onion, vinegar, pepper, and mi- mustard, stove and seive.

85. *Pickled.*

85. *Pickeld herring.*

The Salt herrings as soone as they come out of the sea, and gill and gut them, and so barrel them, and when you will use them, water them, draine and dry them, then broile them and serve with mustard or with pease.

*Another way.*

You may serve them stewed, cutting them into pecces, and seething them with onion and bitter.

86. *Red herrings.*

After they are half salted, thred them, and hang them a smoaking in the chimney, when you will use them, open them and steep them in milk; for to serve, take them out, and broil them a very little on the gridiron, and serve, if you will, with mustard.

87. *Ordinary Troutes.*

Dress them at the gills, pickle them; after they are pickled, slit them according to their bigness, & seeth them leasurely with a short broth, seasoned with all what is fitting, and whereof you shall find the making in several places of the fish services; and take heed that their flesh doe not break from the bones; after they are sod, serve them whole with parsley, in a plated napkin.

88. *Pie of Eele pouts.*

After they are dressed and well blanched, cut them in peeces, and put them in fine paste or puff past, with some garnish, as melts of carpe, capers, Sampiere, pickled Cabidge, pine

pine seeds, broken sparagus, mushrooms, yolks of eggs, and season all well, then serve.

89. *Eele pie.*

Cut it into round slices, and put it in your sheet of paste, well seasoned with yolks of eggs, parsley, mushrooms, sparagus, melts, verjuice of grapes, or gooseberries, in the season; Doe not spare butter, salt nor pepper; cover your pie, and endore it; for to keep it up, take some small bindings of paper, butter them, and put them round about it, and tie them softly with a thread; bake it, and after it is baked, allay three yolks of eggs, with a drop of verjuice and a little nutmeg, and when you are ready to serve, put it in and mixe it well, then open it, and serve it garnished round about with the crust cut into four.

*Another way.*

Season your Eel with nutmeg, pepper, and salt, then lay them into your pye, then put to it a few chibols, or an onion minced, a few sweet herbs and lemon p eeple minced, then put on it some mushrooms, and a few capers, some pickled purplen, sliced lemon, grapes, and good store of butter when you serve it, the liquor above expresed, is good to liquor it withal.

90. *Pie of grenost.*

Dress your grenost, or many if you have them, & slit them at the top, make a sheet of fine

fine paste, of what shape you will, make up your pie, and when it is made up, put your fish in it; garnished with what you have, as mushrooms, capers, parsley minced, hard yolks of eggs, bottoms of artichocks, and broken sparagus, all well season'd with butter, salt, pepper, and nutmeg, then cover and endore it. If it be raised, bind it about a buttered paper; bake it, and forget not to give it vent, as soon as it hath taken crust, for it would take it of it selfe, and it may be, beneath, and so all the sauce should be lost, which you could not put in again the same way. After it is baked, make an allaying with yolkes of eggs raw, and a drop of verjuice, and put it into your pie at the top with a funnel, and mixe it well on all sides with stirring of it; serve it warme, and garnished about with the upper crust cut as you will.

91. *Small pies of fish*

Take out the bones of a carpe, and of an eele, mince the flesh with parsley, a small twig of thyme, and some butter; after it is well minced, and season'd with nutmeg, make a fine paste, and make up your pies of what bigness you will, fill them, cover them and endore them; upon the b'g ones you may put a head; after they are baked, serve.

92. *Pie of plaice.*

After they are dressed make up your pie of the bigness of your plaices, and put them in, sitt'd onely on the top, and garnished with

with mushrum, sparagus, hartichoeks, capers, and hard yolks of eggs, all wel season'd with very fresh butter, salt, pepper, minced parsley, and a slice of lemon, or of orange; cover, and bake it; when it is baked, mixe with it some yolks of eggs allayed with verjuice, then serve.

93. *Tourte of melts.*

Whiten them well, and drain them, then make your sheete of paste, and garnish it with melts, of Carpes, mushrums, t'ouffles, capers, hard yolks of eggs, broken sparagus, bottoms of artichocks, salt, mace, pepper, parsley, and fresh butter; cover it, and bake it in the oven, or in a tourte panne. Endore it with eggs, if it be in flesh time, after it hath taken crust, give it vent; when it is baked, uncover it very neatly, cut the lid into four, put it round about, and serve.



A Table of the Egges for the  
Entree, or first course, as  
they are now served up.

<b>E</b> ggs farced	1
Eggs with bread	2
Eggs in Moonshaine	3
Eggs with black butter	4
Eggs	

Eggs with milk	5
Eggs with sorrel	6
Eggs fryed in slices	7
Eggs broached in water	8
Eggs with cream	9
Frayze of cream	10
Frayze of parsley	11
Eggs with verjuice	12
Eggs with anchovies	13
Eggs with cheese	14
Eggs minced, or stirred together	15
Eggs in moon shone with cream	16
Eggs made ready in glasses	17
Fryze farced	18
Eggs in snow	19

*The way of making Eggs ready for the Entrées, or first courses, as they are in the precedent Table.*

### 1. Eggs farced.

**T**ake sorrell, alone if you will, or with other herbs, wash, and swing them, then mince them very small, and put them between two dishes with fresh butter, or passe them in the panne; after they are passed, soak and season them; after your farce is sod, take some hard eggs, cut them into halifs, a crosse, or in length, and take out the yolkes, and mince them with your farce, and after all is

well

well mixed, strew them over the fire, and put to it a little nutmeg, and serve garnished with the whites of your eggs which you may make brown in the pan w.th brown butter.

### 2. Eggs with bread.

Take bread, crum it, and passe it through a straining panne, if you will melt some butter, being melted, put it with your bread, and some sugar, then choose some very new layd eggs, as many as you have occasion for, and beat them well with your bread, sugar butter, salt, and a little milk; for to seeth them, melt a peece of butter very hot, put your implements into it, and seeth it; for to give them a colour, passe the fire shovel red hot over them, and serve your eggs sugred. You may make them ready in a dish, or in a tourt panne.

### 3. Eggs in moon shone.

Take them very new, melt a peece of very fresh butter in them, put in your eggs and a little salt; when they are enough, put a little nutmeg on them, and take heed the yolkes do not break, nor be two hard, then serve.

### 4. Eggs with black butter.

Break very new laid eggs in a dish, and have a care that the yolkes do not breake, put salt to them, make some butter brown in the panne, and seeth them in it; after they are enough, put a drop of vinegar in the panne, passe it over the fire, powre it on your eggges, and serve.

### 4. Eggs

## 5. Eggs with milk.

Break your eggs, salt them and sugar them if you will, beat them well, and mixe your milk with them; for to seeth them, melt a little fresh butter in a dish; after it is melted, put your implements in it, seeth them, and give a colour with the fire shovell, when they are enough, sugar and serve.

## 6. Eggs with sorrell.

Take very young sorrell, after it is very clean and drained, put it between two dishes with butter, salt, and pepper, and when it is well consumed, allay the yolk of an egg with it, and garnish it with eggs cut into quarters, or as you will, and serve.

For to keep your eggs always fresh, put them into fresh waier.

## 7. Eggs fried into slices.

Make them ha: d, take them out of the shell, and cut them into slices, then siy them with good butter, parsley, chibols minced, peper, goosberries, or verjuice of grapes; after they are well fryed and seasoned, put them into a dish with a drop of vinegar palled in the panne. If the sauce is too short, put in it a drop of broth, then serve w th nutmeg; if you will, mixe with it capers, mushrum, broken sparagus, fryed before you mixe them, as also mushrumis, for it would not be good otherwise.

## 8. Eggs poached in water.

Take the newest you can get, boyle some

w3.

water, and when it boyles, break your egges in it, let them seeth a little, striking on the handle of the skillet, lest they stick on the bottom, and burn, then take them out softly, and drain them. For to serve, make a browne sauce, or green, with a hand full of sorrell, whereof you shall take out the juice, then melt a little butter, with salt, nutmeg, and the yolk of an eg. all wel seasoned and allayed together; after this you shall put your juice in them, and stir them, and serve forthwith.

## 9. Eggs with creame.

Break some eggs proportionably, take our half of the yolks, and beat them well with sugar and a little salt, mixe your cream with them, and seeth all in a skillet; after it is sod, serve them upon a plate, and sugar. If you wil give a colour, you may doe it with a hot fire-shovel; and if you do love sweet odours, you may put some.

## 10. Creame Frayze.

Break some eggs, take out half the whites, season them with salt and creame, and beate all well together, warm some butter, a little more than ordinary; and when it is enough, serve it in square, or triangle, or as it is, and sugar it well if you will.

## 11. Parsley frayze.

Break your eggs, and season them with salt, parsley minced small, and chibols, if you wil, bat them well wth butter, and make your Frayze; after it is made, you may rovvl it if you

you will, and cut it into round slices, garnish a plate with it, sugar, and serve as readily as you can.

12. Egges with verjuice.

After you have broken your egges, season hem with salt, and beat them well, take out the treads, and take out some embers, over which you shall turne them, in putting into them some butter, and verjuice of grapes beaten, and passed in the pan; when they are enough, serve, but have a care they be not too thick.

13. Egges with anchovies.

Cleanse well your anchovies, and water them, changing often their water or wine, take out the b.<sup>ne</sup>, and set them a melt ng in a dish with very fresh butter; when they are melted, break some egges, according to the proportion of your sauce; & after they are fed and mixed, serve them with a little nutmeg.

14. Eggs with cheese.

Take butter and cheeſe, and melt them together, which you may doe easily, ſlicing your cheeſe very thinn; when they are melt ed, break as many egs as you think may ſeeth in what you have melt ed; after they are well beaten, put them over the fire, & ſtirre them as they ſeeth; and vwhen they are ſod, not too thick, ſerve vwith a little nutmeg.

15. Eggs mingled or ſtirred together.

Melt ſome butter vwith eggs in a dish, ſea ſoned vwith salt, a little pepper, & nutmeg, vwhen

when they are on the fire, ſtir them with a ſpoon until they be enough, and ſerve.

16. Eggs in moonſhine with cream.

Make a bed of butter in your dish, and break your eggs over it, after they are broken, ſeason them with salt, then put ſome creame to them until they be hidden, or ſome milk, ſo that it be good, ſeeth them, and give them colour with the fire-shovel red, then ſerve.

17. Eggs made in glaſes.

Make a preparation like that of the egges with bread, and adde ſome cream to it, which is not ſowre, and a little ſugar, and a few crummes of bread, then take ſome ferne-glaſes, put them on a plate near the fire with a very little butter in them; when the butter is melted, put also your implements in these glaſes; as they are before the fire they will ſeeth, but as they ſeeth, turn them after they are ſod, powre them out upon another plate, they will come out of the glaſes the ſharp end upwards; ſerve them thus, and garniſh them with cinnamon and lemon-peel preserved.

18. Farced Fraize.

Break your eggs, and put more yolkes than whites, put to them ſome remaunt of farces, if you have any, or make one of pur poſe, with all ſorts of herbs according to your taste, and ſeeth it before you mixe it with your eggs, ſeason all with salt, and if you will with ſugar, beat it well, and ſeeth it with

with butter or lard, then seve your Fraize sugred if you will, and bend it square, or triangle, or rowle it up to cut into slices.

### 16. Eggs in snow.

Break some eggs, sever the whites from the yolkes, put the yolkes in a dish upon butter, and season them with salt, and set them upon hot cinders; beat and whippe well the whites, and a little before you serve, powre them on the yolkes with a drop of rosewater, and hold the fire-shovell over them, then sugar and serve.

*Another way.*

You may put the yolks in the middle of your snow, which is made with your whites of eggs whipped, and seeth them before the fire with a dish behind.

## A Table of the second course of Fish.

<b>T</b> urbot with short broth	1
Dabs with short broth	2
Vives, or Seadragons broiled on the gridir on	3
Soales fryed	4
Salmon with short broth	5
Sturgeon with short broth	9
Grenofsts in castrolle	7
	Bescard

Bescard with short broth	8
Porpose with short broth	9
Porpose with ragoust	10
Burts f.yed with ragoust	11
Sea otter with short broth	12
Sea otter on the gridiron	13
Raye fryed	14
Tenches with shore broth	15
Allose with short broth	16
Allose rosted	17
Fresh cod	18
Breame rosted	19
Pike in blew	20
Pike with sauce	21
Tourrs with short broth	22
Troute salmond	23
Perches with short broth	24
Eele pout	25
Eele pouts in castrolle	26
Carpe in blew	27
Carpe farced	28
Smelts	29
Plaice	30
Barnicle	31
Barnicle with ragoust	32
Dabs in castrolle	33
Pike farced and rosted	34
Salmon with a sweet sauce	35
Eele pouts with ragoust.	36
Carp with half short broth	37
Tenches fryed with ragoust	38
Barbels with ragoust	39
Barbels	40

Barbels in castrolle.	40
Soales with ragoust	41
Vilain with ragoust	42
Vilain with short broth	43
Joale of salmon	44
Cammon offish	45
Rochet	46
Fresh mackerels	47
Chevemes	48
Fresh herrings	49
Pilchers	50
Lamprels of all sorts	51
Eeles of all sorts	52
Labsters of all sorts	53
Langoust with short broth	54
Disters rosted	55
Fryed carpe	56
Barbels with sauce	57
Plaice rosted with ragoust	58
Plaice in castrolle	59

## 10. Discourses and Method how to serve the second course of fish.

### 1. Turbot in Castrolle

**D**ress it and empty it under the belly, flitting it there very neatly, or otherwise the gills; put it into a panne with white wine

wine until it steeps, and season it well with salt, pepper, cloves, large mace, fine herbs, as rosemary, thyme, and onion, and let it seeth leasurely, least the flesh should break off from the bones; after it is sod, let it rest a very little, least it should take the taste of brasse; serve it garnished with flowres and parsley.

You may cut it before you seeth it thus.

### 2. Dab with short broth.

It is made ready the same way as the turbot, but that the short broth mu stnot be of so sharpe a taste, because it taketh salt sooner, being thinner; after it is sod, serve it with parsley upon it.

### 3. Vives, or Seadragons broiled on the gridiron.

They are dangerous, by reason of three prickles, which they have about the head, therefore when you dresse them, remember to scrape them, and to cut off those three prickles, and the head at the gills, whereat you shall also empty them; when they are thus dressed, and emptied, slit them on the outside, and melt some butter, and powre some into the slits; with salt and clove, then set them on the gridiron; when they are broiled, make a brown sauce with fresh butter, salt, and pepper, minced parsley, goosberries, or verjuice of grapes, and a drop of vinegar, powre your sauce on them, and serve.

## 4. Soales fryed.

After they are dressed, dry them, and if they are big, slit them along the back, flowre them, and fry them in salt oyle, or refined butter; when they are fryed, powder them with salt on the out side, and serve with orange.

## 5. Salmon with short broth.

Empty it at the gills, and slice it along the back, and put it in your short broth well seasoned; when it is enough, serve.

## 6. Sturgeon with short broth.

You may serve it broiled on the gridiron, but in the second course, you must put it with short broth, and serve it as the salmon except when it is sod you take two or three napkins plated, and put them over it be spread with parsley, and thus you serve.

## 7. Grenoff in Castrolle.

Although it is commonly served with short broth, yet for the second course, it may be served in castrolle, which to doe, you must put it into a pipkin, season it well and garnish it with mushrooms and truffles; have a speciall care that when it is sod, the flesh do not break off from the bones,

## 8. Bescard with short broth.

Make it ready and serve it as the sturgeon, above Article 6. with three napkins strewed with parsley.

## 9. Porpoise with short broth.

It is served and made ready the same way, as the sturgeon and Bescard above, but that

the seething of it is much longer; when it is enough serve.

## 10. Porpoise with ragoust.

Cut it in peeces, and rost it on the spit, as it rosteth, baste it with butter, salt, vinegar, and pepper; after it is well rosted, baste it with another sauce made with butter and minced onion, then mixe all together, and soake it, mixe a little flowre with it, and serve.

## 11. Burts with ragoust.

They are made ready the same way, as in the discourse of the first courses of fish.

## 12. Sea Otter, with short broth.

Dress and prepare it for to put it with short broth, which you shall make ready the same way as that of the barbells; when it is sod, serve it dry with parsly in a rapkin over it.

## 13. Sea Otter on the gridiron.

Dresse and broil it; when is it broiled make a sauce to it as you wil, so that it be of a sharp taste, and because those great lumps will hardly take a taste, slit them or slice them on the top, soake it with it's sauce, so that it be almost imbibed, or soaked into it, then serve it, and garnish with what you have.

## 15. Ray fryed.

After it is well dressed and cleansed, pickle it with vinegar well seasoned, and a little before you serve, fry it with refined butter, or with salat oyle; when it is well fryed and

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crispe, set it a draining, and besrew it with small salt, then serve it whole, or the two sides set together againe, with orenge.

15. *Tenches with shone broth.*

After they are well scalded, you may put them with short broth, as abovesaid, and serve them with parsley.

16. *Chewmes with short broth.*

You may also put the chewmes with short broth, serving it with the scales, well seasoned with parsley in a napkin over it.

17. *Chewmes broiled.*

As it comes out of the short broth, put it on the gridiron; when it is broiled, make a sauce like sauce Robert, and stew all together, but a very little, then serve, and if you will, put some capers to it.

*Another way.*

After it is scaled and dressed at the gills, well clenfed and dryed, frie it in fresh butter, and broile it well, then flitt it all along the back, take out all the bones, & close it up againe, take the melt, and with store of good herbs make a sauce something sharpe, because this fish is sweet of it selfe; put into it capers, anchovies, mushrooms, and thicken your sauce with a few chippings of bread passed in the panne.

Or otherwise make a farce with sorrel well seasoned, and after it hath boyled a very little, serve.

18. *Fresh Cod.*18. *Fresh Cod.*

Put it after the way of short broth, 2nd let it boyle but a very little, and take it out againe; then let it rest, and cover it with a table-cloth or a napkin, and when you will serve, draine it, make a sauce thickned, and serve with parsley.

19. *Breame rosted.*

After it is dressed, broile it on the gridiron, and butter it on the top; when it is rosted, make a sauce with fresh butter, parsley, and chibols, vinegar, salt and pepper, put all together, and serve.

*Another way.*

You may put it with short broth, and then broile it, and after, a sauce with very fresh butter, parsley & chibols minced, passe all in the panne; and when you will serve, mixe with it some sorrell-juice, and serve.

20. *Pike with blew.*

Dresse it as it comes out of the water, and cut it, or leave it whole, and in this last water, slice it all along, then put it in a bason, and take salt, vinegar, onion, pepper, and lemon, or orange peele good fole, boyle all together a very little, powre it on your pike, and presently it becomes blew; to seeth it, boile your white wine well seasoned with salt, put your pike into it, and let it seeth; tast your short broth, if it be strong enough, and let the pike rest in it, untill it hath taken a tast, have a care that it doe not remaine

too long in it, and in this case, take it out untill you be ready to serve, which you shall doe warme, with parsley, in a napkin.

21. Pike with sauce.

After it is sod as abovesaid, take off the skinne, and take a drop of your short broth, put it in a dish with halfe the yolke of an egge well allayed, some very fresh butter, and nutmeg; let the sauce be well thickned, and well seasoned with salt, chibols and peeple, and if you will, put in it anchovies; but take heed it become not oilie, and serve your pike hot.

22. Troutes with short broth.

Slice them proportionably to their bignesse, and give some strength to your short broth; before you seeth them, dresse them at the gills, and pickle them; after which let them seeth leasurely, least the flesh leave the bones; after they are enough, serve them with parsley in a napkin plated, which you shall cover with flowers in the season.

23. Troutes salmon'd.

Make them ready, and serve them as the common troutes above written.

24. Perches with short broth.

As they come out of the water, dresse them at the gills, and put them in a short broth of white wine, well seasoned with all kinds of good things as pepper, salt, cloves, large mace, lemon, or orange peeple, chibols and onion; after they are sod, take them out, and take

take off the skinne; make a sauce with a drop of your short broth, allayed with vinegar, the yolk of an egge, an onyon in quarters, fresh butter, salt and a very little of white pepper; mixe all together readily over the fire, powre it on your perches, and serve.

25. Eele poutes.

Make some water lukewarme, put them in it, take them out a while after, take off the flame with a knife, and thus you shall make them all white; then dresse them, wash them, put them betweene two linnen clothes, and dry them; set aside them which are bigge, and slit them on the top, for to serve to the oyle or refined butter, with salt and orange, serve.

26. Eele poutes in castrolle.

Put your Eele poutes in castrolle, and season them with butter, salt, beaten cloves, pepper, large mace, an onyon or chibolls, peeple, a bundle of herbs, verjuice, a drop of vinegar, and a very little broth; when they are ready, serve, and garnish; if you will, with anchovies, capers, mushrums, and any other garnish you haue.

27. Carpe with blew.

The best soit of carpe is that with melt; take it alive, and season it to put it with short broth, in the same manner as the pike above written in the 20<sup>th</sup> article. If it is big, you may cut it into soure, or slice it along the back, and put it in a bason into blew, if you

will, seeth it in a fish kettle, put a leafe in the bottom, take your carpe with a clout, season it well with onyon, pepper, salt, cloves, and mace, peeple, and all well wrapped in your linnen cloth, set it a boyling, the leafe under it, least it burne with much boyling, or that the linnen cloth stick to the kettle, let not your short broth be altered with any thing, but let it be well seasoned with all what is fitting. When it is boyled leasurely, serve it with parsley in a napkin.

28. *Carpe farced.*

Take up the skinne over the back as far as the bellie, take out all the small bones, the tripes and melts, and take out of the head the gills and the tongue, then make a farce with a little flesh of carpe well minced, and seasoned with as much butter as flesh, a little parsley, chibols, and a bundle of fine herbs; allay all with an egge, or mixe with it mushrooms, melts, or mussels, capers, and bottoms of hartichocks, chibols, and tongues of carpes; put your farce into your carpe all along, and leave a hollow, for to put what you have fryed; season all well, and close it up, seeth it in a bason, or in a castrolle, (which is a kettle made in the forme of a great tourte panne, or as a kind of dripping panne) or in a dish before the fire, with a drop of verjuice and a little broth, butter, and what you have remaining of your mushrooms, trouffles or melts; soak all together lea-

leasurely, and, least it sticks, put some chibols under it with a little verjuice, and some yolks of eggs, allay the sauce, and serve.

The carpe thus farced may be put into fine or putt past, and garnished with what you have.

29. *Smelts.*

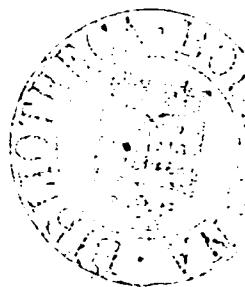
Take them very new, file them, and dry them well; when you are ready to serve, flowre and fry them, with oile, or butter, take off the twigg, and powder them a little with small salt, and serve with orange.

30. *Place.*

This article is in the discourse of the Entrees, or firw courses of fish, which it had been useleſſe to repeat, and ſuperfluuous to coate by articles, and pages, because they may eaſily be found if you ſeek for them; in the meane time I advise you, that what I ſet you downe, doth not oblige you to more or leſſe in laying out of your convenient expenſes, or layings out, but I doe it onely to put you in mind of what may be ſerved, not forgetting to tell you, that you may choose what you like beſt, and intermingle pies or tourtes, proportionably to the dishes you have, obſerving to ſerve a pie or tourte after ſix dishes of ſervice.

A Table of the Entercourse of  
the Fish dayes out of Lent.

M	Mushrums
	Mushrums with creame
T	Troufles
E	Eggs spunne
N	Nuiles
E	Eggs delicately drest
T	Tourt of Franchipanne
F	Frayze with creame
F	Fritters
S	Stiff Fritters
P	Paste Spunn
S	Servelats of Eele
M	Melts of carps fried
M	Melis with ragoust
L	Livers of Eele pouts
G	Gelee of fish
W	White meat
G	Green gelee
F	Fried artichocks
S	Sparagus with a white sauce
S	Sparagus with creame
C	Celer ies
C	Coliflowers
G	Gammon of fish
T	Tortoises with ragoust
F	Fritters of Apples
F	Fritters ofartichocks
A	Almond pie



Ramequin of all sorts  
Eggs with creame

29  
30

11. A Method to make ready the  
Intercourses for fish dajes  
Intercourses are menti-  
oned in the precedent  
Table.

1. *Mushrum.*

Take it very new, take out the gravel, &  
wash it with water or white wine, then  
put it in a dish with fresh butter wel sea-  
soned with salt, white peper, chippings of  
bread, take heed it burns not to; after it is  
enough put to it a little nutmeg, the juice of  
orange or lemon, then serve.

Another way.

Pass it in the panne with very fresh but-  
ter, parsley, a bundle of herbs, peper, salt, and  
stew it in a dish, or in a pot, and when you  
will serve, put some cream to it, or the yolk  
of an egge, or a few chippings of bread, a lit-  
tie nutmeg, and serve.

You may garnish it with what you will  
proportionably to the quantity you have.

2. *Muf*

2. *Mushrums with cream.*

Take them very new, and the smallest, for they are best, peel them dry, and wash them in water, and take them out forthwith, and draine them, cut the biggest; and together with the smallest, fry them with fresh butter, parsley, chibols minced very small, salt, and pepper, then soak them in a small pot untill you be ready to serve, and then you may put some creame to them, which when it hath boyled a little while, and the sauce being thickned, you may serve.

3. *Trouffles.*

Seeth them with a short broth, when they are sod, serve them in a plated napkin.

## Ano. her way.

Serve them the same way as the Mushroom, and put a little broth to them, cream, and some juice, when they are cut very thin, and sod, serve.

## Auo.ther way.

Peele them, and cut them very small, and very thinne, then pasle them in the panne, and season them with a very little salt, because they must boyl long with some broth, which you judge to be good; after they are sod, unsalt them, and let the sauce be somewhat thickned with some thickning, or with some chippings of bread, then serve.

## Another way.

As they come out of the sand, wash them with white wine, seeth them with strong wine, much.

much salt, mace, a bundle of sweet herbs, a few chibols, and pepet, after they are sod, serve them with a plated napkin.

4. *Eggs spunne.*

You shall find them in the Intercourses of the flesh dayes, and the way how to serve them.

5. *Nulles.*

Take four or five yolks of eggs, some very fresh creame, much sugar, a little salt, beat well all together, and seeth it on a hollow plate, or on a dish, pass the fire-shovell red hot over it, besprinkle it with sweet waters, serve and sugar, with sugar musked.

6. *Eggs delicately drest.*

You shall find the manner of making and serving them in the middle courses of flesh dayes.

7. *Tourt of Franchipanne.*

You shall find it in the discourses, and in the Table of pastery of flesh dayes.

8. *Frayze with cream.*

Take store of yolks of eggs, few whites, & a little cream, some salt proportionably, beat all together, and a little before you serve, make your Frayze, and, if you will, sugar it, and serve.

9. *Prittters.*

Take four small cheeses, white and soft, six egges, half a pint of flowre, and a little salt, beat all together, and try it, for the cheeses are sometimes too soft, or too dry, &c.

10. *Stiff*

## 10. Stiffer fritters.

Make them the same way, but that you must put a little more flowre; draw them out very small with a handle of a spoon; after they are fryed, serve them sugred, and be sprinkled with orange flowers.

## Paste spun.

You shall find the fashion of dressing and serving of it in flesh daies.

## 11. Servelats of Eele.

Dresse your Eele, and slit it in two, take out the bone, beat well the flesh, and season it, rowle it up, and binde it; after it is bound, wrap it up in a small linnen cloth, and sceth it in a pot with wine, salt, pepper, cloves, mace, onion, fine herbs, and let the sauce be reduced to a small quantity; after it is well sod, unwrap it, & cut it into very thin slices, then serve it dry, or with some sauce.

## 12. Meats of Carp fried.

Cleanse them well, and blanch them in water, and dry them, when you will serve, flowre and fry them; when they are fryed serve with salt and orange.

## 13. Meats with ragoust.

Blanch them in water, and put them in a dish with a little white wine, well seasoned with butter, salt, a bundle of herbs, pepper, some juice of mushrooms, a few capers, and anchovies; after the sauce is thickned, serve with juice of orange or lemon juice, and nutmeg.

## 13. Liver.

## 14. Liver of Eele pouts.

Take it out of the fish, and put it into a dish with very fresh butter, a few fine herbs, parsley minced very small, mushrooms also small, of the best of your broths, minced capers, and an anchovic; when it is well sod, and the sauce thickned, serve.

## Another way.

Fry it, if you will, and serve it with salt, juice of orange, or lemon.

## 15. Gelee of fish.

Take scales of Carp, halfe a dozen of Tenches, three pints of white wine, seeth all well together with a little salt and cinnamon, and four cloves, straine all throw a napkin, that is, squeeze or press it to have the juice out of it, and put to it one pound of sugar, take a dozen of eggs, fry the whites of them; let your strainer be ready and very clean; warm your gelee, and when it is ready to boil, powre into it the juice of five lemons, and the whites of your eggs; when it begins to boil, powre it into the strainer, and strain it again, untill it be very cleare; put it after the natural way upon a plate, or in a dish, and serve.

## 16. White meat.

Make it of the remnant of your gelee, and put into it some stamped almonds, and a drop of milk, strain it, and make it into white meat, and when it is cold, serve.

## 16. Gre

17. *Green gelee.*

It is made the same way ; strain it with a very little juice of beets, and serve cold.

18. *Artichocks fried.*

Cut as to eat with pepper, cut off also the sharp ends, and whiten them in warm water, then set them a drying ; and flowre them for to fry when as you have occasion; serve them garnished with fryed parsley.

19. *Sparagus with white sauce*

As they come from the garden, scrape them, and cut them equally; seeth them with water and salt; take them out, as little sod as you can, it is the better; and set them a draining, then make a sauce with fresh butter, the yolk of an egge, salt, nutmeg, beaten pepper, a small drop of vinegar; and when all is well stirred together, and the sauce thickned, serve your sparagus.

20. *Sparagus with cream.*

Cut them in three peeces, and when you have blancht them, fry also well seasoned; after they are fryed, put your cream in, and soak them with it, if the sauce is too thinne, put some yolks of eggs in it to thicken it, and serve.

21. *Celerins.*

It is eaten with pepper and salt, or with oyl, pepper, and salt.

22. *Coliflowers.*

Dress and blanch them, seeth them with water, and salt; after they are sod, set them

a draining, and make a sauce as for the Sparagus, then serve.

23. *Gammon of fish.*

Take the flesh of many carps, with a little Eele, mince well all together, season it with butter, and gather it together in the form of a gammon, fill up the skins of your carps with it, sow them up again, and wrap them up with a very fat linnen cloath; seeth them in a pot with half wine, and half water, well seasoned with salt, &c. consume well your sauce, after they are sod, take them out, and unwrap them all vvarm.

You may serve them vvarm and cold, and every way garnished as a gammon.

24. *Tortoise with ragous.*

One may eat them at all times, you may make any thickning with them, and you may use them for potages, to garnish, and for many other things.

## Apple Fritters.

You shall find this article and the soule which follow, in the discourses of flesh daies, and for the fashion of eggs have recourse to the Table.

A Table of what may be found in Gardens, which one may use upon occasion, and serve up in the first courses, and intercourses of the fish daies, and other flesh daies, or in Lent.

<b>S</b> kirrets	1
Pappe of wheat flowre	2
Hops	3
Lettice	4
Pumpkins of all sorts	5
Parsnips	6
Goats beard, or starre of Jerusalem, or Nostr-tide	7
Carrots	8
Red beets	9
Jerusalem artichocks	10
Cowcombers of all sorts	11
Turnips	12
Fried apples	13
Red carrots	14
Fried sparagus	15
White succorie	16
Cardes of beets	17
Cardes of artichocks	18
Pease strained	19
Trouffles of Entree	20

12. A

12. A Method how to make ready what is contained in the foregoing Table.

1 Skirrets.

Boile them a very little, then peel them for to boil in brown butter, after they are fried, serve.

Another way.

For the flesh daies, make a paste liquid enough with eggs, a little salt and a little flowre; for to make it more dainty, mixe with it some soft cheese, dip your skirrets into it, fry and serve them.

try Another way.

For to them in Lent, allay your meale with a little milk or verjuice, and more salt; dip your skirrets in this, and fry them in refined butter, for the better; If you will, garnish them with fried parsley, which to fry, when it is very clean and dry, you throw it into your frying pan very hot, then take it out forthwith, and set it before the fire, so that it be very green; serve your skirrets with parsley round about.

2. Pappe o, flowre o wheat.

It is made the same way, as that of flowre of rice, and they will seeth as much the one as the other. For to make them, allay them with a very little milk and salt, out of Lent put

put some yolks of eggs to it, a little butter, and some sugar; seeth it leisurely, so that somewhat may stick to the bottome of the skillet, serve, and suger.

### 3. Hops.

Cleanse them well, and leave nothing but the green, boil them a little while in water, then drain them, and put them in a dish with a little butter, a drop of vinegar, a little of your best broth, some salt and nutmeg; soak them for to use them in garnish, or for some other thing.

### 4. Lettice.

For to garnish with them all kinds of potages, be it of pullets, pigeons, peale broth, herbs, or of health, blanch them well, and wash them; soak them in a pot with some of the best of your broths; In flesh daies, season them with what is fat; In fast daies, season them with butter, and when they are sod; cut them into halves, and garnish your potages with them, and serve.

### 5. Pumpkin.

Slice it very thinne, and fry it with butter; when it hath gotten a good colour, soak it between two dishes, with an onion, or a chibb sticked with cloves, salt, pepper, nutmeg, and verjuice of grapes, if you have any; when it is enough, serve.

You may also put it with cream.

### Another way.

Cut it into great peeces, and seeth it in a pot

pot with water, when it is well sod, take out the water, strain your pumpkin, and fry it with butter, and an onion minced very small; season it with a drop of verjuice, nutmeg, and serve.

### Another way.

After it is strained as abovesaid, put to it very fresh butter, and let it melt with the pumpkin, some sugar, and almonds; put your implements into a sheet of fine paste, in the forme of a tourte, and bake it; when it is baked, sugar it, and serve.

Many do put pepper to it; put a very little salt to it; and you may garnish it with preserved lemon peel cut into slices.

### 6. Parsnips.

Cut off the strings of them, wash them well, and seeth them; when they are sod, peel them, and cut them as you will; put them in a dish with very fresh butter, salt, pepper, nutmeg, and a drop of broth, or a drop of vinegar, or verjuice; soak all together, and stirre it well; thus you will finde your sauce thickned, then serve.

### Another way.

Make them ready as the skirrets above, Article 1. and serve them with juice of orange, or verjuice, and a little salt.

### 7. Goats beard.

Seeth them as the parsnips, after they are sod, make the sauce alike, and serve.

You may serve them fried.

### 8. Carrots

## 8. Carrots.

Cleanse and seeth them; when they are sod, peel them, and cut them into very thin round slices, frie them with fresh butter, an onion minced, salt, pepper, and vinegar; then serve.

## 9. Red beets.

After they are well cleansed, and well sod in water, or in the cinders, pare them, and cut them into round slices; fry them with a minced onion, well seasoned with a drop of vinegar and good fresh butter; when they are well fried, serve.

## Another way.

After they are sod or baked, cut them as aforesaid, and put them with oyle, vinegar, and salt, then serve.

## 10. Jerusalem hartichocks.

Bake them in the embers; after they are well baked, peel, and cut them into round slices; frie them with very fresh butter, an onion, salt, pepper, and vinegar; when they are well fried, serve with a little nutmeg.

## 11. Cowcombers.

Pare and cut them into round slices, frie them with very fresh butter; after they are fried, put in an onion, salt and pepper, and let them soak wel on the chaufing-dish, then serve with the yolks of eggs, if you will.

## Another way.

For to preserve or pickle them, take them very

very young, and very small; blanch them in fresh water, and draine them; then put them into a pot with salt, pepper, and vinegar, cover them well, and doe not forget cloves.

## Another way.

Cut them very thinne, then put them with onyon, salt, pepper, and vinegar; after they are well pickled, draine them, and for to serve them, put some oyle to them, and serve them in salat.

## 12. Turnips.

Scrape them, blanch them, and seeth them with water, butter and salt; after they are enough, put them in a dish with very fresh butter; you may put in some mustard; serve with nutmegg.

## 13. Apples fryed.

Pare and cut them into round slices, and frie them with very fresh butter; when they are fryed, serve, making a broth with a little nutmeg.

## Another way.

Cut them into halves, take out the coares, serve them in the skinne, and put them in a dish with butter, sugar, and water, and a little cinammon, let them seeth thus; when they are enough, serve them sugred.

## Red Carrots.

They are made ready in the same manner as the white ones.

## 14. Sparagus fryed.

Break them, cut them into small peeces, and

and wash them; after they are drained, frie them with very fresh butter; and season them with salt, pepper, and minced parsley; after they are fried, stew them on a chaufing-dish with an onyon sticke with cloves, and a drop of broth, then serve with nutmeg.

You may also put some creame if you will.

*15. White succory.*

Blanch it well in water, and draine it, then bind it, and seeth it in a pot with water, butter, and salt; when it is well sod, take it out, and draine it againe; afterwards you shall stew it on the chaufing dish, with butter, salt, nutmeg, and a drop of vinegar; when you are ready to serve make a sauce thickned, and serve.

*Another way.*

After it is blanched, prepare it into a salat, with salt, vinegar, and sugar, then serve.

*16. Cardes of beetes.*

Take off the strings, and blanch your cardes in fresh water, then seeth them in a pot, or a kettle with water, butter, a crust of bread, and salt; when they are sod enough, take them out, and set them a soaking in a dish with butter, untill you be ready to use them, and then warme them, and fit them on a plate, then make a sauce allayed with very fresh butter, a drop of vinegar, and some nutmeg, then serve.

*17. Cardes*

*17. Cardes of harticocks.*

Choose the whitest, take out the strings and blanch them; after they are blancht, seeth them with salt and water, a peece of butter and a crust of bread; when they are sod very well, garnish your dish, and make a white sauce, and serve.

*18. Pease strained.*

Steep your pease, wash them well, and seeth them in hot water; and fill them againe with it; after they are sod, bray them, and strain them through a strainer, take some of the thickest pease broth, and soak on the chaufing-dish, with butter, salt, and an onion whole sticke with cloves, then serve.

You may serve, and fry pease whole, with very fresh butter, salt, minced onion, pepper and vinegar; In lent garnish them with herrings.

*19. Trouffles of Entrees or first course.)*

Cleanse them well, peel them, and frie them with very fresh butter, an onion sticke with cloves, a little minced parsley, and a drop of broth; stew them betweene two dishes, and the sauce being a little thickned, serve.

A Table for the Pastry work of  
Fish to be eaten warme,  
containing the Pies  
and the Tourts.

**S**Almon pie.  
Troute pie.  
Pye of bccare.  
Pie of carpe.  
Sturgeon pie.  
Pie of dabs.  
Turbot pie.  
Troute pie.  
Plaice pie.  
Eele pie.  
Pie of fresh cod.  
Pie of carpe without bones.  
The Cardinals pie.  
Pie of burtes.  
Pie of grenost.  
Pie of soales.  
Pie of soales halfe fryed.  
Pie made of hash of eelis.  
Tourte of burts.  
Tourte of new oysters.  
Tourte of liver of eele pour.  
Tourte of meltis of carpes.  
Tourte of eele pountes.  
Tourte of carpes.  
Tourte of crawfish.

The French Cook.

1	Tourte of frogs.	2
2	Tourte of tenches.	27
3	Tourte of butter.	28
4	Tourte of spinage.	29
5	Tourte of melon.	30
6	Tourte of pistaches.	31
7	Tourte of almonds.	32
8	Tourte of pumpkin.	33
9	Tourte of peares.	34
10	Tourte of creame.	35
11	Tourte of apples.	36
12	Tourte of franchipanne.	37
13	Tourte of whites of egges.	38
14	Tourte of yolks of egges.	39
15	Tourte of Maſſepain.	40

13. Instruction how to make the pa-  
stry worke for fish, set downe  
in the Table.

Before I proceed to discover to you how to make ready these things, because there will often be made mention of divers sorts of pastes, I judge it to be to the purpose to give you some few instructions how to make them.

The puf past is made thus. Take four pounds of flowre, allayed with salt and water, very sweet neverthelesse; after

is a little rested, spread it with the quantity of two pounds of butter, joyn them together, and leave a third part of your past empty, for to fold it up into three, and when your butter is shut up, spread your paste again very square, for to fold it up four-fold; after this, turn it up thus, other three turnes, and set it in a coole place, for to use it upon occasion. And then spread your past proportionably to the pie or tourte which you have a mind to make up; and observe that this past is harder to be fed then any other, least you deceive your selfe.

The fine past is made up with four pounds of flowre, and one pound and a halfe of butter, which you must allay very well together with salt, after this, let it rest untill you have use for it, and make with it pies or tourtes.

The past with warme water is made the same way, but you warme the water and the butter; after it is made, let it rest more then the other, and handle it but a very little, lest it burne, make pie or tourte with it.

The browne past is made with Rye flowre, water and little butter, you may put to it, if you will, some salt and peper; when it is very strong and rested, make venison pasties with it.

All kind of pies, fat or lean, which are eaten warme, are seasoned the selfe same way according to the sortes of meat. You may put

put in it the same garnish, as mushrunis, mussels, sparagus, yolks of eggs, bottom of artichocks, capers, cardes, pistaches,

For the flesh pies, besides the garden garnishes, you may put in veal sweetbreads, kidneyes, combes, &c.

The flesh pies garnished, and of very tender meat, will not endure the oven above two hours and a half; they of fish big or small, of the same size, as long.

The pie of young hare will not be in the oven above two houres, be it in pust paste or other; it is served warm and uncovered.

The pies which you will keepe, must be of a keepe rast or high-gust, than those which you make to eat warm; if you carry them far, the paste must be somewhat brown; and if it be fine, you must get a basket made for the purpose for to carry them in.

You must lard your leane pies with Eele or Carp, well seasoned with peper, salt, vinegar, and beaten cloves; make your past fine or otherwise, and season your pie with cloves, salt, pepper, fine herbs, and when it is made up, endore it, in the flesh dayes, with the yolk of an egge; in Lent, with eggs of pike attayed with water, and put it in the oven, and a while after give it vent.

After the foregoing instruction or word of advise, which is not unuseful, let us now come to the Method of the Pastry-work for fish, concerning Pies and Tours, according to the contents of the foregoing Table.

1. Salmon Pie.

After your fish is dressed, lard it with Eel or Carp, seasoned with pepper, salt, and beaten cloves, then put it in paste, and over it a bay leaf, and good fresh butter, or beaten lard, according to the day as you will use it; besprinkle it with lard, with a drop of vinegar, and close it up after the form of the fish; after it is baked, serve it warm or cold.

The pies of Tourt, Bocare, Carp, and Sturgeon, are made up alike.

2. Pie of Dab.

Dress your dab, and slice it on the top; if you will, lard it with Eele well seasoned, then dress up your pye according to the b. g. dens of your dab, and put it in it, well seasoned with salt, pepper, cloves, fine herbs, mushrooms, morils, a little parsley fryed with fresh butter

butter, bottomes of artichocks, or broken sparagus, and good fresh butter, cover it with open work, and if you will, enrich it with some works, and bake it; after it is baked, and well fed, serve it with a sauce made with verjuice of grapes aed yolkes of eggs.

The pies of Turbot, Trout, and plaice, are made the same way.

Or thus.

Flea them, cut them into peeces, and season them with pepper, nutmeg, and salt; then fill your pye with them, and lay upon them Currants well washed, pickt, some Dates cut in halves, Prucns, or bottomes of Artichocks, Mushrums, yolkes of eggs boild hard, lettuce suckets, Cittern, sliced Lemons, Mace, Grapes, and good store of fresh butter; when it is baked, serve it with white wine, sugar, and butter boyl'd a very litile, and thickned with the yolkes of two or three eggs, sugar it and serve.

3. Eele pie.

Flea them, cut them into round slices; and season them, make up your pie, and fill it up with eele, hard yolkes of eggs, mushrooms, troufles, if you have any bottomes of artichocks, and good fresh butter, serve it uncovered with a white sauce, made with yolkes of eggs allayed in verjuice, and a drop of vinegar; lest it should fall down, bind it

with butter'd paper; when it is baked, take the paper off.

4. Pie of fresh cod.

Make it as that of Dab, and serve it warm.

5. Pie of Carp without bones.

Farce it the same way as for the first course, and raise your pie, put it into it garnished with what you will, bake it covered; after it hath baked two houres, serve it uncovered with a white sauce.

Another way.

Cut your carp into peeces, and put it into paste, made up and seasoned with what you have; bake your pie, and serve it uncovered with a white sauce.

6. Pie after the Cardinal's way.

Take the flesh of Carp and of eele, mince them well with butter, and season them with salt, pepper, fine herbs, and a few mushrooms, then make up your pies, as small as you can; fill them up, cover, and endore them, and bake them, then serve.

7. Pie of Eurts.

After they are dressed slice them, and put them in your sheet of paste, season them with salt, pepper, beaten clove, mushrooms, baked in the pan with brown butter, fresh butter, and all what you have, cover it, bake it, and binde it with buttered paper; when it is baked, serve with a white sauce, nutmeg, the juice and slices of lemon, or of orange.

8. Pie

8. Pie of grenost.

After it is dressed, slit it, and put it in your sheet of paste, seasoned with salt, pepper, nutmeg, fresh butter, mushrooms, truffles, mousserons, morilles, parsley fried, and bottomes of hartichocks; after the pie is made up and bound with buttered paper, bake it, after it is baked, serve it uncovered with a white sauce, or any other allaying you have.

9. Pie of soales.

It is made the same way as that of dab, because it is of the same kind of flesh; It is eaten warme.

10. Pie of soales half fried.

Farce them halfe in the panne with butter, take out the bone, and farce them with what you will, as mushrooms, capers, truffles, mousserons, bottomes of hartichocks, fresh butter, all palled in the panne with parsley and chibols minced very small; put them into paste raised, or into a sheet of pust paste, which you shall put in a tourte panne, and over it the remnant of your farce; in stead of garnish, with yolks of eggs, and very fresh butter; cover up your pie, and give it vent, a while after it is in the oven; when it is baked, serve it with what sauce you will.

11. Pie made up with hash of eele.

It is made the same way as that of carpe, but that because the flesh of eele is fatter than that of carpe, it must be allayed with

butter, as that of carpe; onely mixe them together, and season them well with salt, pepper, a few fine herbs, then make a bed therewith, and over it put mushrum, morilles, trouffles, and a little parsley minced, passee in the panne with butter, and over all that the remnant of your hash; then shut up your pie, and bake it; after it is baked, serve it with a white sauce.

12. *Tourte of Burts.*

It is made the same way as the py of Burts, above mentioned.

13. *Tourte of new oiffers.*

After your oysters are cleansed and blanched in warm water, passee them in the panne with very fresh butter, parsley, and minced chibols, and mushrooms, all well seasoned; put all into a sheet of what past you will, and garnish with hard yolks of eggs, bottoms of hartichocks, morilles, broken sparagus, all well passee in the panne; cover up your tourte, and bake it; after it is baked, serve with good sauce, which you shall make thus; passee in the panne two or three chibols whole, salt, pepper, a drop of verjuice or vinegar, then when it is browne, mixe with it two yolks of eggs well allayed with verjuice, take out the chibols, and put your sauce in your tourte boyling hot, with a little nutmeg, stirre it a little, and serve it uncovered.

14. *Tourte of liver of eele pout.*

After it is blanched a very little in warme water, very cleane, and dried; put it into a sheet of paste, then fry mouſſerons, morilles, trouffles, broken sparagus, a little parsley minced, bottoms of hartichocks, cardons, or cardes sod, and yolks of eggs, all well seasoned, and in such a proportion as your tourte may not change it's name, and that the garnish may not exceed the principall, bake it, when it is baked, serve.

15. *Tourte of carpes.*

It is made as that of eele poutes here under in the following article, with such garnish as you have.

16. *Tourte of eele pout.*

Blanch it well with water warme enough, for to take off the slime, untill it be white, then cut it into round slices as far as halfe the head, put it into a sheet of paste with salt, peper, beaten cloves, capers, mushrooms, hard yolks of eggs, bottoms of hartichocks, parsley, chibols well minced, and upon over that, very fresh butter, shut it up with a sheet of puff paste, if you have any; When it is baked, serve it uncovered with a white sauce, and garnished with the lid cut into soure.

17. *Tourte of carpe.*

It is made and seasoned alike with that of eele poute, but that it must not be scalded, but well scaled.

## 18. Tourte of crawfish.

Seeth them with salt, peper, and very little vinegar, take off the feet, and the taile, then dresse them, and passee them in the pan with very fresh butter, mushrooms, and all what you have to put in it, not forgetting some parsley minced, season all well, & put it in what paste you will, fine or pufst; after it is baked, serve it with a red sauce, which you will make, if you stamp some bones of crawfishes, and after you have strained them through a linnen cloth, mixe them with some broth, yolks of eggs, a drop of verjuice, and a little nutmeg; put this sauce in your tourte as it comes out of the oven, and ready to serve, then serve it uncovered.

## 19. Tourte of frogs.

Passe the great legs in the pan with good butter very fresh, mushrooms, parsley, hartichocks sod and cut, and capers, all well seasoned, put it into a sheet of fine or pufst paste, and bake it; after it is baked, serve it uncovered with a white sauce.

## 20. Tourte of Tonches.

Scalde them, and cause them to become white, then dresse them, and cut them into round slices, put them into your sheet of tourte, or pie, make it up and garnish it with all what you have, as very fresh butter, capers, and minced parsley, bake them, after they are baked, serve with a white sauce, a little nutmeg, and beaten cloves and mace.

## 21 Tourte.

## 21. Tourte of butter.

Melt a peece of butter, after it is melted, put some sugar in it, and some stamped almonds, with a little creame or milke allayed with sod flowre, then make a sheet of fine or pufst paste, put your implements into it, make a brimme about it; bake it and serve it sugred; & with sweet water if you have any.

## 22. Tourte of spinage.

Take spinage leaves, cleanse and blanch them; after they are blanched, draine them, and mince them very small, after they are minced, allay them with some melted butter, salt, sugar, and the weight of a macaron of stamped almonds, then put all in your sheet of paste and bake it; after it is baked, serve it sugred, and if you wil, garnished about the dish with lemon peeple preserved.

## 23. Tourte of meloon.

Grate your meloon, and stampe it in a mortar; melt some butter, and put it with sugar, a corne of peper, salt, and a macaron, mixe all together, garnish your sheet with it, and serve it sugred.

## 24. Tourte of pistaches.

After your pistaches are peeled, beat them, and least they become oily, besprinkle them with flower of orange water, or other sweet water; melt as much butter as there are pistaches, and take as much sugar, a little salt, and the crummes of white bread fryed, or a drop of milke, and all being well allayed together.

gether, put it into a sheet of fine past, make the tourt and sheet very thin; bake it, sugar it, and serve it warme, and besprinkled with what sweet water you will.

25. *Tourt of Almonds.*

It is made the same way, but that for to besprinkle it, you must use milk in stead of sweet waters.

26. *Tourt of pumpkin.*

Boile it with good milk, pass it through a strainer very thick, and mixe it with sugar, butter, a little salt; and if you will a few stamped almonds; let all be very thinne, put it in your sheet of past, bake it; after it is baked, besprinkle it with sugar, and serve.

27. *Tourt of peares.*

Parc your peares, and cut them very thin, seeth them with water and sugar; after they are well sod, put in a little fresh butter, to them, beat all together, and put it in your sheet of paste very thinne; binde it, if you will, and bake it; when it is baked besprinkle it with water of flowers, sugar it, and serve.

28. *Tourt of creame.*

Take very new creame, and allay it with a few beaten almonds, some sugar, and a little milke pappe well sod; let all boyl together a very little, and when all this is cold, put it in your sheet of past, and bake it; after it is baked, sugar it well, and if you will, put musk to it, and serve.

29. *Tourt*

29. *Tourt of apples.*

It is made the same way as that of peares.

30. *Tourt of Franchipanne.*

Take the fairest flour you can get, and allay it with whites of eggs; presently take the twelfth part of your past, and spread it untill you may see through it; butter your plate, or tourt panne, spread this first sheet, butter it, thrust it in over and doe the same to the number of six, then put what creame you will, and make the top as the bottom to the number of six sheets; bake your tourt leisurely; after it is baked, besprinkle it with water of flowers, sugar it well and serve.

You must have a care to work up your paste as soone as it is made, because it drieth up sooner then you are aware, and when it is dry, it is unusefull, because your sheets must be as thinne as cobwebs, therefore you must choose a moist place to do it in.

31. *Tourt of whites of eggs.*

After they are well beaten, season them with a little salt and sugar, melt some fresh butter with milk, mixe all together, then put all into your sheet of fine past; bake it; when it is baked, serve it warme and sugred.

32. *Tourt of yolks of eggs.*

Allay together some butter, five yolks of eggs, some sugar, two maearons; a little salt and milke; make up your tourte with them, and

and bake it, when it is baked, serve it sugred, with lemon peeple very thinne over it.

33. *Tourt of Massepin.*

For to make it full, glased, and broad as a plate; take halfe a pound of almonds, and a quartern of sugar; beat your almonds, and cut some sugar in; spread your past, work low enough, and bake it on a hollow plate on a small fire; make a creame with milke, whereof you will find the making hereafter; fill up this past with it about the thickness of half an inch; bake it, and pasle the fire-shovell over it, put over it either cherrie, or strawberries, or rasbeirries, or gooseberries, or verjuice, or preserved apricocks, a little more then half; after it is filled, put it in the oven again, and make a glasing with the half of the white of an egge, and six times as much sugar well beaten together; when you are ready to serve, powr it over your tourt, and give it quick fire and little, then serve upon a plate.

For to mak the creame of which mention is made above, allay a very little flowre with a quart of milk, seeth it well, and let it be very thinne; then put a little butter in it, four yolkes of egges, and two whites well beaten; stirre well all over the fire, and mixe with it a very little salt and sugar, about half the quantity of your cream.

For to make it green, put in it some beaten pistaches, or some of the grating of lemon peeple preserved.

You

You may serve your tourt glased without confits, and w. th fruit, as vwell as at the intercourse.

A Table of severall sorts of roots, herbs, and other things to be preserved, or pickled, for to keep in a housshold or ordinary;

Melted butter	1
Artichocks	2
Cowcombers	3
Putslane	4
Lettice	5
Trouffes	6
Red beets	7
Paragus	8
Geeen pease	9
Succorie	10
Mushrooms	11
Coleworts (or cabidge.)	12
Soales	13
Oysters	14
Combs salted	15

10. A

#### 4. A Method how to pickle all them for keeping.

##### 1. Butter melted.

When it is cheap, you may buy a quantity, and melt it for to use it upon occasion; which to do, put it into a panne, let it melt leasurely, untill the cream go to the bottom, and it becomes cleare at the top; put it into a pot, and when it is cold, keep it for your use.

##### 2. Artichocks.

Cut off the choak, and what is too hard about them (that is called artichoaks in bottoms) steep them in fresh water for to blanch them, draine and dry them; after this, put them in a pot with salt, peper, vinegar, melted butter, clove, and some bay leafe; cover them well, and keepe them untill you have use for them; and then unsalt them in likewarne water; after they are unsalted, seeth them with butter, or some peece of lard, or fat; after they are sod, serve them with a white sauce or garnished.

##### 3. Cowcumber.

Take them very small, blanch them in fresh water, and stick them with cloves, then put them in a pot with salt, peper, vinegar, and bay leafe; cover them so close that no aire may get in, and serve them in salat.

##### 4. PARS.

##### 4. Purflaine.

It is pickled as the cowcumber, and you may serve them together.

##### 5. Lettice.

Choose the hardest, and take off the great leaves, blanch them in fresh water, and draine them; when they are drained, stick them with cloves, and season them with salt, peper, vinegar, and bay leafe; cover them well, and when you will serve them, unsalt them, then seeth them, and use them for garnish or for salat.

##### 6. Trou fles.

Boyle them with the best strong wine you can get, salt, peper, and clove, then take them out, and put them in a pot with salt, peper, vinegar, cloves, and some bay leaves, cover them well; when you will use them unsalt them; and seeth them with wine, & serve them in a plated napkin.

##### 7. Red beets.

Wash them very cleane, and seeth them; when they are sod, peele them, and put them in a pot with salt, peper, and vinegar, to use when you will.

##### 8. Spragus.

Put them in a pot with melted butter, vinegar, salt, peper, and cloves, cover them wel, & for to use them unsalt them, when they are unsalted, seeth them in hot water; when they are sod, serve them with a white sauce, either to garnish potages, or for salat, or for pastry work.

##### 9. Green

## 9. Green pease.

Take them as they come out of the cod, fry them with butter, and season them well, as if you would eat them then, but do not fry them too much; then put them into an earthen pot, season them again, and cover them well; put them in a cool place, and when you will use them, unsalt them, and ass them in the panne, as before.

## 10. Succory.

Tie it, and whiten it in sand; when you think that it may be kept, cleanse it well, and put it in a pot with salt, pepper, a little vinegar, and rosemary; when you will use it, unsalt it, to serve it for salat, or to seeth it to garnish, or to farce.

## 11. Mushrooms.

Take the hardest and the reddest you can get, fry them whole with butter; as to eate presently, after they are fryed and well seasoned, put them in a pot with more seasoning of butter, and a drop of vinegar, until they steep; cover them so that no aire may get in; for to use them, steep them in severall waters lukewarm, then fry them, as if they were but newly gathered.

## Another way.

Take the biggest and largest, whiten them in their water between two dishes, and drain them; after that, pickle them with vinegar, salt, peper, and lemon, or orange peel; after they are pickled a while, take them out and fry

fry them with refined butter, and a little flowre; after they are fryed, put them into another pickle, if you will keep them long.

You may use them for garnish, or for fritters, or to farce.

## 12. Cabidge.

Take the hardest, and slit them into four on the side of the stalk, then whiten them in fresh water, and dry them; put them into a powdering tub, or into a pot, with salt, peper, vinegar and bay leaves, or a little rosemary: You may stick them with cloves, and when you will use them, unsalt them in lukewarm water, to put them in potage, and not for salat; when they are sod, serve.

## 13. Soales.

Take them very new, and cleanse them; if they are big, slice them on the top, and flowre them after you have dried them, then fry them half with butter or oyle, and put them neatly into a pot, with salt, pepper, beaten clove, lemon, or orange peeple, and vinegar; cover them well, and for to use them, take them out of the pot, and steepe them in water; when they are unsalted, fry them with butter, or oyl for them that love it; forget not to flowre them well; and serve them with orange or lemon, or if you will, after you have passed them in the pan, open the bone, and put them with ragoust; which to doe, put some capers, anchovies, mushrooms, truffles, and all what you can get;

get; then stove or soak them, and serve with a sauce thickned, and the juice of a lemon or of orange.

14. *Oysters.*

Take them out of the shell, and blanch them, or as they are, put them into a pot, and season them with salt, pepper, beaten cloves, and large mace, and some bay leaves, cover them well, or if you will you may put them into a barrel; when you will use them, unsalt them; you may garnish with them, or make fritters, or fry them.

15. *Combes salted.*

Let the blood be well taken out, and put them in a pot with large mace, peper, cloves, a drop of vinegar, and some bay leaves, cover them well, and set them in a place which is neither cool nor warme; when you will use them, take what you have need of, unsalt them in lukewarm water; and change them very often, when they are very well unsalted, boyl some water, and scald them; when they are very clean, seeth them with broth or water; when they are almost enough, put in a bundle of herbs with butter or lard, and a slice of lemon: After they are well sod, use them to garnish what you will with them.

Ano-

Another Table of things to be salted for to keep, specially for a Cook of Pastry.

**C**Ardes of Artichock  
Palats of beef  
Tongues of mutton  
Pickled pullers  
Rams Kidneys  
Young pigeons  
Butter salted

1  
2  
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7

*The Method.*1. *Cardes of Artichock.*

**C**huse the whitest stalkes, cut them half a foot long, take all the strings out, steep them in fresh water, and change them two or three times; whiten and drain them, dry them with a cloth, put them in a pot, and salt them; when they are salted, melt, and refine one pound of butter, and poure it over them, to set them up, and use them upon occasion.

2. *Palats of beef.*

Salt them, as they come out of the head; and set them up untill you have occasion to use

use them; then unsalt them; after they are unsalted, seeth them, and take the skin off; & the beards, then cut them into pieces, or into slices; put them with ragoust, or garnish with them all what you have to garnish, even the Pastry work, wherein they may be very usefull.

### 3. Tongues of mutton.

As they are taken out of the head, salt them, when you will use them; unsalt, and seeth them; after they are sod, flea them neatly, slit them, and put them on the grid-iron, with crumbs of bread and salt; after they are broiled make a sauce with verjuice, a drop of vinegar, minced parsley, chippings of bread, a little pot broth, and stove or soak them, then serve.

### 4. Pulletts pickled.

After they are dressed, cut them into halves, and dry them well, flowr them, and half fry them, then put them in a pot with salt, pepper, cloves, large mace, vinegar, and fine herbs; cover them until you will use them; and then unsalt them in fresh or lukewarm water, which is the best; when they are unsalted, dry them, and flowre them, then fry them; after they are fryed, serve, and if you will have them make a shew, you must make a thickning with eggs and flowre, fry them, and put them in a sauce with juice of orange.

Rams

### 5. Rammes Kidneys.

Take off the first skinne, and slit them on the top, to make them to take salt, put them in a pot, and set them in a coole place; to use them, unsalt them, and seeth them, then use them how you will.

### 6. Young pigeons.

After you have flaited them well, dry them, flowre and fry them, then put them in a pot, with vinegar, pepper, cloves, mace, and fine herbs; when you will use them, unsalt them, for to use them with ragoust, or in potage, or into paste, or to serve them pickled.

### 7 Salt butter.

Wash it well in fresh water, and draine it, then put it in an earthen panne, and knead it with white salt, clove, and some bay leaves, and some aniseed stamped, if you will; after this, put it into a pot, and cover it well with paper or parchment, after you have taken out the water that comes out of it, set it in the cellar, and use it.

## A method how to make in Lent the broths of Fish, Pease, Herbs, and Almond.

### Broth of fish.

Make your broth with half water and half pease or roth, take the bones of Carpe, or other fish, with an onyon stickeed with

cloves, a bundle of herbs, and some salt, seeth all well together; with crummes of bread, and some butter; then straine it, and use it for such broth as you will, except that of herbs, the pease broth and many pottages which are without fish.

You may use it for potage of crawfish, boylng it a while with the shells of your crawfish stamped, and strained through a linen cloth, by meanes whereof your broth wil become red; afterwards straine all, season it, and take it up, and stove it.

*Pease broth.*

For to make pease broth clear, and that it be good, steep your pease from one day to the next, after you haue cleansed them well, then seeth them with river or conduit water lukewarme; when they are almost enough, take out your pease broth, and use it for what you will.

You will finde the broth of herbs in the potages for lean dayes, and being common, it is needless to repeat it.

*Broth of Almonds.*

Peel well your Almonds in very warme water, and stamp them in a morter, and as you stamp them, besprinkle them with rose water; after they are well stamped, put them with fish broth, and crummes of bread, then boyle all with salt, butter, a little beates cloves, mace, and cinnamon, an onion sticke, and lemon peeple, whereof the uper skinne to be

be taken off; after it is sod, passe it through a strainer, and put it in a pot untill you have use for it.

For to make almond broth with milk, peel well your almonds, stamp them, and in stamping of them, from time to time besprinkle them with milk, and rose water, when they are well stamped, put them with very fresh milke, crums of bread, salt, a little clove, and a little cinnamon, boyle all a little while, and then passe it through the strainer; when you are ready to serve, boyle it with sugar, and serve.

All the lent potages are made and season'd as those for the faiting dayes, but that you put no eggs in them; but in some you mixe pease broth, in others which you will serve white or marbled, you may put some broth of Almonds; stove and garnish them as the others.

A Table of the potages for Lent.

*Pottage of Crawfish.*

Pottage of hash of carps.

Pottage of herbs.

Pottage of tenches farced, with turnips.

Queenes pottage.

Princes pottage.

Pottage of tortoise.

Pottage of mushrooms.

Pottage of soales.

Pottage of smelts.

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Potage of sparagus.	11
Potage of hasters.	12
Potage of lettuce.	13
Potage of colworts (or cabidge) with milk.	14
Potage of coleworts (or cabidg) with pease broth.	15
Potage of pumpkin.	16
Potage of pumpkin with miik.	17
Potage of turnips with white broth.	18
Potage of fyred turnips.	19
Potage of pease broth.	20
Potage without butter.	21
Potage of small vailes, or profiteoles.	22
Potage of onyon.	23
Potage of mussels.	24
Potage of frogs.	25
Potage of Grenosts.	26
Potage of salmon with a sweet sauce.	27
Potage of bian.	28
Potage of frogs with Almonds.	29
Potage of hops.	30
Potage of parsnips.	31
Potage of leeks with milk.	32
Potage of broken sparagus.	33
Potage of colliflowre.	34
Potage of fidele.	35
Potage of rice.	36
Potage of tailladin.	37
Potage of barnicle with ragouſt.	38
Potage of barnicle with turnips.	39
Potage of fleeks with pease broth.	40
Potage of burtes.	41

Potage of Rockets.	42
Potage of lentiles.	43

## 16. Discourse of the potages for Lent.

### 1. Potage of Crawfish.

Serve it with pease broth.

### 2. Potage of hash of carpes.

With pease broth and almonds.

### 3. Potage with herbs.

With a very little pease broth.

### 4. Potage of tenches farced with turnips.

With fyred flower, and a little pease broth.

### 5. Queenes potage.

With broth of carpe, or other fish mixed with pease broth and almonds.

### 6. Princesses potage.

It is made with pease broth, which you seeth with the bones of carpe.

### 7. Potage of tortoise.

With a little pease broth.

### 8. Potage of mushrumms.

With pease broth.

### 9. Potage of soales

With pease broth.

### 10. Potage of smelts.

With good broth mixed with almonds.

## 11. Pottage of sparagus.

With pease broth and herbs.

## 12. Potage of hastets.

Take it out of the best broth.

## 13 Pottage of lettice.

With pease broth.

## 14. Pottage of cabidge with fried bread.

With a little pease broth.

## 15. Pottage of cabidge or coleworts with milk.

With a little pease broath, and much butter.

## 16. Pottage of cabidge or coleworts with pease broth.

Put in your pease broth, mace, an onion stickeed with cloves, peper, and salt; when it is enough, serve it well garnished with your cabidge or coleworts, and some peece of fried bread, which shall have boiled with it.

## 17. Pottage of pumpkin.

Seeth well your pumpkin, so that it be more thickned then ordinary, then frie a chibell with butter, and put it in it with salt, & serve with peper, and nutmeg.

## 18. Pottage of pumpkin with miik.

After it is wel sod, strain it through a straining panne, and leave not much breth in it because of the milk which you must put in it; when it is well seasoned with milk and a little butter, stove or soak your bread, and serve with pepper, nutmeg, and beaten cynamon, if you will.

## 19. Pot-

## 19. Pottage of turnips with white broth.

Scrape your turnips, and put them in a pot with water; when they are well sod, season them with salt, beaten nutmeg, and a bundle of herbs; when you will take up, take it from off the fire, put in some butter very fresh, and stir it off the fire, and do not put it to it againe, then serve with a little almond broth over it.

## 20. Pottage of turnips fried.

Scrape them, and cut them in two or otherwise, blanch and flowr them; after they are dried, fry them, and seeth them in water, with a little peper, and an onion stickeed with cloves, when you will take up, if your broath is not thickned, you may put in it a little flowr fried, with a drop of vinegar, then serve.

## 21. Pottage of pease broth.

Take the clearest and put it in a pot, then fry some sorrell, chevrell, and a little parsley, with butter, put all in a pot, seeth it well, and season it well; stove your pottage, and serve it with parsley roots sod with it.

## 22. Potage without butter.

It is made with great store of herbes well seasoned, and sod with a crust of bread; stove or soak, and serve.

## 23. Potage of profiteoles, or small vaines.

Take it out of many broths, then open six loaves made of purpose; make a hole on the

top, and take out the crum; fry them with butter, and fill them with melts of carpes, mushrooms, broken sparagus, and observe, that they must be sod before you fill them. After they are full, stove or soak them leasurely upon your potage, which you shall garnish with melts, mushrooms, broken sparagus, and serve.

The potage of onions is made the same way as that out of Lent. You shall find it in the Potages for fast dayes.

24. *Potage of mussels.*

It is made the same way, as that out of Lent, but that you put no eggs to it; you may put in it some almond broth, or of some ragooust, serve it garnished with mussels.

25. *Potage of frogs.*

Break the bones, and truss them up, then blanch them, and drain them; put them in a dish, until you have made some pease broth, frie into it a little parsley minced, with butter; after they have boiled, put them into your broth, and take them out forthwith; alay a little saffron, and put it in your pot, stove or soak your bread, garnish it with your frogs, and serve.

26. *Potage of grenost.*

It is made the same way as out of Lent, on fast daies, and there you shall find it.

27. *Potage of salmon with a sweet sauce.*

Cut it into slices, and pickle it, pale your slices in the panne with butter, sticke them with

with cloves, and put them between two dishes with some butter, a bundle of herbs, sugar, wine, a little salt, large mace, beaten Cinnamon, and pepper well beaten; stove or soak them, then dry your bread, and stove or soak it also with some other broth; garnish it afterwards with your slices of salmon, the sauce over it, and garnished, if you will, with figgs, dates, or prunelloes.

28. *Potage of bran.*

It is made as that on fast daies out of Lent, but that you put no eggs to it.

29. *Potage with frogs with almonds.*

It is made as that on fast daies out of Lent, but that you put no eggs to it.

30. *Potage of hops.*

Make some pease broth, and set it a boiling, passe a few good herbs in the panne well minced, and put them in your pot, let your hops boil in it, after they are blanched; a little before you serve them, take them up, and put them with butter, salt, nutmeg, Cinnamon, vinegar, and very little broth; when it is well season'd, stove or soak your bread, garnish it with your hops, fill your dish, and serve.

31. *Potage of Parsnips.*

It is made as in the fast daies out of Lent, but that you make it with pease broth without eggs.

32. *Potage of leeks with milk.*

Cut your leeks very small, blanch and dry them, and seeth them with cleare pease broth

broth; after they are sod, put in some milke, peper, salt, clove, and mace; stove or soak your bread, and garnish it with your leckes, then serve.

33. *Potage of broken sparagus.*

Break or cut your sparagus, and frie them with good bu' ter, salt, pepper, nutmeg, Cinnamon, mace, parsley, and minced chibols, stove well all together, then make a pease broth, or potage of herbs, which you shall strain, stove also your bread, and garnish it with your sparagus, then serve. You may put in it the juice of mushrumms, and mushrumms with ragoust.

34. *Potage of coliflowers.*

Dress them, and blanch them in fresh water, then put them in a pot with good broth, or with pease broth, well seasoned with butter, salt, and an onion sticked with cloves; After they are sod so that they be not broken, stove or soak your bread, garnish it with your coliflowers, and serve. You may put in some milk, peper, and nutmeg.

35. *Potage of fideles.*

Seeth them with water or milk; after they are sod, and well seasoned, take out a part of them to frye, and make a potage with the remnant, with butter, salt, pepper, nutmeg, onion sticked, then take up and serve.

36. *Potage of rice.*

It is made as that of the fideles, let it seeth untill it be wel burst, then serve.

37. *Potage*

37. *Potage of Tailladins.*

It is made alike, but that after they are sod, you may put to it a very little safron, and some very fresh butter; you may put in some milk also, to make them liquid, and when all is well seasoned, serve.

38. *Potage of Barnicle with ragoust.*

You shall finde it in the fast daies potages, and shall make it alike, but without eggs.

39. *Potage of Barnicle with turnips.*

After it is dressed, lard it with eele, and rost it a very little, or passe it in the panne with butter, then put it in a pot with water, some pease broth, and a bundle of herbs; when it is almost sod, passe some turnips in the panne, put them with your barnicle, and season it well.

For to chicken your broth, passe a little flowre in the panne untill it be brown, and allay it with a drop of vinegar; put it in your pot, and when it hath boiled a very little, stove your bread with your garnish, and serve.

40. *Potage of leeks with pease broth.*

When they are blanched in fresh water, putt them with your pease broth, some capers, sampire, purslane, and season them well, after they are sod, stove or soak your bread, garnish it with your leeks, and serve.

41. *Potage of Burts.*

Stove or soak your bread with the best of your broths, and garnish it with you Burts, fried

fried in the panne, and put with ragoust, together with mushrooms, capers, samphire cut small, and broken sparagus, then serve.

42. *Potage of Rochets.*

Dress them, and put them in a pipkin, with a bundle of hearbs, a little white wine, and well seasoned; stove or soake your bread with other broth, and garnish it with your Rochets with their sauce, then serve

43. *Potage of lentilles.*

After they are well sod, and seasoned with butter, salt, and a bundle of herbs, take up, and serve.

You may put them upon the potage with some oilie, after they are salted.

A

A Table of the Entrees, or first courses in Lent without eggs,

<i>Sole</i>	1
<i>Pike</i>	2
<i>Tenches farced</i>	3
<i>Fried tenches</i>	4
<i>Stewed carpe</i>	5
<i>Carpe farced</i>	6
<i>Carpe rosted</i>	7
<i>Carpe fried, and put in ragoust.</i>	8
<i>Salmon</i>	9
<i>Hash of Carp</i>	10
<i>Stewed salmon</i>	11
<i>Eele pout</i>	12
<i>Stewed Eele pout</i>	13
<i>Carpe with half short broth</i>	14
<i>Oysters</i>	15
<i>Oysters with ragoust</i>	16
<i>Oysters in the shell on the gridiron</i>	17
<i>Vilain with ragoust</i>	18
<i>Vilain with short broth and rosted</i>	19
<i>Barbels</i>	20
<i>Dabs</i>	21
<i>Burts in castrolle</i>	22
<i>Burts fryed</i>	23
<i>Burts rosted</i>	24
<i>Plaice with ragoust</i>	25
<i>Fried</i>	

Fried plaice	
Barnicle	
Barnicle with short broth	
Barnicle rosted	
Chewmes rosted	
Chewmes with short broth rosted.	
Lamprel	
Lamprel on the gridiron	
Lamprel with a sweet sauce	
Lamprel stewed	
Eele in servelat	
Eele in the fashion of stewing.	
Eele with halfe short broth	
Sea eele stewed	
Sea Eele fried and stewed	
Lobster with short broth	
Lobster fried with a white sauce	
Langoust with short broth	
Langoust with a white sauce	
Pike farced	
Pike farced and rosted on the spit	
Rosted mackerels	
Fresh herring rosted	
Fresh herring with a brown sauce	
Pitchers of Royant	
Rochet	
Greenst	
Fresh cod rosted	
Fresh cod with half short broth	
Green fish	
Soupresse of fish.	
Cammen of fish.	

	The French Cooke:	265
27	Mussels	58
28	Fried ray	59
29	Ray with short broth	60
30	Fried ray with ragouſt	61
31	Smelts	62
32	Cod tripeſ	63
33	Scuttles	64
3	Poor John fryed	65
34	Poor John with oyl	66
5	Poor John fryed	67
36	Salmon with a brown ſaucē	68
37	Salmon with oyle, onion, and vinegar, or ſalat,	69
38	if you will.	
39	Mackerel ſalted	70
40	Stewed herringſ	71
41	Red herringſ	72
42	Salt herringſ	73
43	Peafe	74
44	Peafe broth	75
45	Red beets	76
46	Parſhips	77
47	Jeruſalem hartichocks	78
48	Serſiſis	79
49	Scirrets	80
50	Cardes of beets	81
51	Lentils	82
52	Spinage	83
53	Fried apples	84
54	Apples with sugar	85
55	Prunes	86
55		
57		
	Mussels	

## 17. Advise.

This Table did not seeme very needfull to me no more than the following, because the things contained therein are made ready the very same way, as at other times, except onely, that no eggs at all are used, neither to thicken, nor any other way ; But to thicken, in stead of eggs, you may take the flesh of carp, or of eell, which thickneth farre better with butter, then the eggs doe. Wherefore I have omitted the discourses thereof, unlesse it be the last five Articles, which having not as yet mentioned, I thought good to insert here.

## Lentilles.

After they are well sod, passe them in the pan with fresh butter, salt, pepper, nutmegs, cinnamon, mace, a few fine hearbs, and chibols, when they are well fried, serve them.

You may serve them in pease broth ; if you finde them hard to be strained, stamp them in a mortar.

They may also bee served with salat oyle passed in the panne.

## Spinage.

## Spinage.

Take the whitest, and doe not use the greenest, but for want of others, cleanse them well, and wash them severall times, draine them, and cause them to cast out their water between two dishes, season them with halfe as much butter as there are spinage, beaten cinnamon, salt, pepper, a chiboll, or an onion sticked with cloves ; passe all in the pan, and stoe it in a dish covered ; when you are ready to seive you may put in some nutmeg & creame, otherwise serve them as they are.

Some boyle them in water, but they are not so good, though you make them ready alike afterwards.

## Apples fried.

Pare your apples, and cut them into round slices as farre as the core ; make some butter browne, and fry them with a little salt, beaten cinnamon, beaten ginger, and very little if any pepper at all ; if you have some creame you may put some in, and serve after they have boyled one or two wames.

## Apples with sugar.

Take apples, cut them in two, take out the core, and prick them at the outside with the point of a knife; halfe fill your dish with them, with a little water, cinnamon, lemon peeple, butter and much sugar ; Let them seeth leasurely vwith the lid of an oven, or a tourte panne, vwhen they are enough, serve them sugred.

## Prunes.

## Prunes.

Take them of Tours, or the common, wash and cleanse them well; after they are very clean, seeth them leisurely in a pot; when they are half sod, put in some sugar, and when the broth is ready to become syrup, serve.

If you will put in no sugar while they seeth, when the syrup is well thickned, besrew them with sugar; and serve.

## Advise.

There are many, who will eat nothing but oyle. Now for to take off the smell of oyle, boyle it with a crust of bread burned, and then you may serve it as butter.

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### A Table of the second course of Lent.

T	Urbes
	Dabs
	Dabs in castrolle
	Sea dragon or Quaviner
	Soales
	Soales with ragoust
	Salmon
	Salmon with sweet sauce
	Grenost
	Becare
	Loux

1	Troute salmoned	13
	Raye	14
	Smelts	15
	Mackerels	16
	Filchers	17
	Rochet	18
	Pike	19
	Pike with a sauce	20
	Pike farced	21
	Carpe	22
	Carpe farced with melts	23
	Kele pout	24
	Kele pout with ragoust	25
	Perch	26
	Tenches	27
	Chewmes	28
	Fresh cod.	29
	Breame rosted	30
	Plaice	31
	Barnicles	32
	Carp with half short broth	33
	Tenches fryed with ragoust	34
	Barble with ragoust	35
	Vilain with ragoust	36
	Gilthead with short broth	37
	Gilt heads rosted	38
	Fresh herring	39

## 18. Advise.

**A**LL the meat of the second service, as well as of the first, and intercourses of Lent, and the pastry work, are served the selfe same way, and with the same seasoning, as in the fast daies of the rest of the year, eggs onely excepted, which must not be used; therefore you shall endore your pastry work with the eggs of Pike stamped, or with melted butter; for saffron is naught.

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### A Table of the intercourses of Lent

<b>M</b> ushrooms	
Cardons	
Cardes	
Scirrets	
Truffles with ragoust	
White meat	
Fried Articbocks	
Fried mushrooms	
Tortoise	
Paste spunne	
Sparagus	
Tourte of franchipanne	
Cervelat of Eele	

Gammon	14
Melts fryed	15
Melts with ragoust	16
Liver of eele pout	17
Geice of all kinds of fishes	18
Celeris	19
Ranequins of ill sorts	20
Mushums after the Olivier	21
Morilles	22
Prunes	23
Brignols	24
Seffis	25
Scirrets	26
Small tourte of cream musked	27
Tourte of Spinage	28
Rissoles	29
Eele pouts fryed	30
Sparagus like green pease	31
Liver of Eele pouts fryed	32
1 Crawfish fryed	33
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**Y**ou will find in the fast daies the way of tablking ready all the contained in the Table above. The following Articles only are not set down.

Rissoles

## Rissols.

Take some remnant of hash of carps, some mushrooms, and melts, mince all together, well fed with butter and creame, if you have any, season it with nutmeg, cloves and mace, a very little if any pepper, and salt, a bundle of herbs, and boyl it a very little, the better to thicken it, and use it for to make your Rissols with, which for to make well, take some pust past, spread it, and put your im- plements in it proportionably to the bignesse you will make them of, moisten them about, cover them, and endore them with butter, for want of eggs of pike, after they are endor- ed, put them in the oven, and after they are baked, serve.

The small Rissols are made with fine paste, there must be lesse than for a little pie, after your sheets are made, fill them proportiona- bly, moisten them about, and close them up, then throw them into refined butter very hot, untill they be fryed, and yellow, take them out forthwith, and then serve them.

If you put in sugar, you must also put sugar on the top when you serve.

## Fritters of frogs.

Choose the finest and the biggest, dresse them cherrie like, that is to say, scrape the thighes of your frogs, so that the bone be cleane at one end, whiten them a very little, and dry them; make a past with flowre, salt, milk, white cheese, of each a very little;

stamp

stamp all in a mortar, and make it liquid, untill it be like a past for fritters; take your frogs by the bone end, and dip them in, and put them in very hot butter, fry them as frit- ters, and serve garnished with fryed parsley.

## 18 A Note of what may be served up- on Good-friday.

Potage of health, which is to be made with forrell, lettice, beets, purslaine, and a bundle of herbs; seeth all well with salt, butter, and the first cutting of a loaf; stove, and serve.

Potage of pease broth very cleare, which to make, you shall put in a few herbs, some capers, a bundle of herbs, and an onion stick- ed with cloves; when it is well sod, serve garnished with fryed bread.

Potage of almond milke, the making whereof you will find in the potages for lent.

Potage of turnips, potage of parsnips, po- tage of sparagus, potage of pumpkins.

Potage of proficollis, for to make it, take five or sixe small loaves, open them at the top, and take out the crumme, then dry them neare the fire, or make them browne in the panne with flesh butter; stove or soake them with broth made of purpose with mush- rumis, pease broth, onyon slicked, all well sea-

seasoned, and before passed in the panne. Use this broth for to make your potage, and garnish your dish with your dry bread, then fill it up with small ragousts, as truffles, artichocks, sparagus, and fried mushrooms, garnish the dish round about with pomgranate, lemon, and, if you will, besprinkle your potage with the juice of mushrooms, then serve.

Pottage of Brocolis, they are the young sprouts of Coleworts. Seeth them with water, salt, pease broth, butter, onyon sticked, and a little peper, stoeve your cust, garnish it with your Brocolis, and fill your dish with it, then serve.

The same broth may be made with milk, and garnished alike.

The potage of hops is made the same way as that of Brocolis, and is garnished alike.

The Queen's potage is made the same way as that of Lent, but that you make a hash of mushrooms, to garnish your bread with; after it is filled, and passed in the panne severall times, garnish the top with pistaches, pomgranate, and lemons cut.

The princesses potage garnished with Fleurons, they are small pieces of puft past.

Pottage of milk. Browne potage of onion.

Pottage of pease broth garnished with letice, and broken sparagus.

Pottage of fideles, or tailladins garnished with fried paste. Pottage of coliflowers.

Pottage of rice garnished with a loafe dried.

Pottage of green pease. For to serve it, seeth them

them a very little; then stamp them in a mortar, and fry and season them as the other, then serve.

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Entree, or first course for  
Good-friday.

Red beets, or red parsnips, cut like dice, with browne butter and salt.

Red beets with white butter. Red beets fried.

Red carrots fryed with a browne sauce upon them.

Red carrots stamped and passed in the pan, with onion, crummes of bread, almonds, mushrooms, and fresh butter, all well allayed, and seasoned.

Red carrots fryed with browne butter, and onion.

Red carrots cut into round slices, with a white sauce, with butter, salt, nutmegg, chibols, and a little vinegar.

White carrots fyed. Carrots in fried paste. Carrots minced into ragoust with mushrooms.

Tourte of pistaches. Tourte of herbs. Tourte of butter. Tourte of almonds.

Parsnips with a white sauce, with butter. Parsnips fyed.

Sersfis with a white sauce with butter.  
Sersfis fried in paste. Spinage. Apples buttered. Apples fried. Pappe of flowre. Pappe of rice, and almonds strained. 1 runes. Broken Sparagus fryed.

Fricasses of hash of mushrumms, carrots, and pistaches, well fed with butter, served warm, sugred and with orange flowers.

Skirrets fyed in paste Skirrets with white sauce with butter.

Cahder of beets. Cardons. Pumpkins fyed. Jerusalem artichocks. Artichocks whole. Fideles. Ric. with milk wel sugred. Many do cause it to burst in water when it is very clean, and then put the milke in it.

Others do seeth it in a double pot. I that have tryed it every way, hold it most expedient, that when it is well washed, and very clean, you dry it before the fire, when it is very dry, stove it with very new milk, and take heed you doe not drowne it; seeth it on a small fire, and stirre it often, least it burn to, and put in some milke by degrees.

Mushrumis with ragoust. Mushrumis with cream. Mousserons with ragoust, garnished with pistaches.

Troustles cut, with ragoust, and garnished with pomgranate.

Sparagus with a white sauce.

Troustles with short broth. Sallat of lemeu.

Salat sodie either of succory or of lettice.

Mor

Morilles with ragoust. Morilles farced. Morilles with cream.

Creame of pistaches. Tourte of creame of Almonds. Cakes of Almonds. Cakes of pust paste.

Artichocks fried.

I have here inserted no discourse for the making of these services, because they are easie to be found in the discourses of fish daies, and of Lent, having recourse to the Alphabetical Table added in this impression, to find with more conveniencie, and upon any occasion find what you need. And the precedent remembrance is but to advise you what may be served that day wherein one gives but very little fish, chiefly at great mens Table.

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A Method how to make several sorts of Preserves, both dry and liquid, with some other small curiosities, and dainties for the mouth.

Apricocks liquid. Oyl some water, and mixe with it some bold lees of wine proportionably, a handful or thereabouts, for one hundred of rockoks, which you must put in this boy-

ling water, and stir them with a spoon, until you perceive that they peele on the thumb; after that, take them out, put them into fresh water, and peel them very clean; boyl againe some water, put your Apricocks in it, and let them boil in it four or five wames; then steep them in water; and prick them on the stalk; take sugar proportionably, dip your Apricocks in it; and seeth them as it is fitting.

*Another way of liquid ripe Apricocks.*

Take such a quantity of Apricocks as you will, peeple them as well and as neatly as you can, boyl some water, put your Apricokes in it, and let them boil a little; take them out forthwith, and put them into fresh water, seeth your sugar after the fashion of a Conserve, pass your Apricoks into it, and boyle them a very little while; set them in a stove, and let them be there untill the next day morning, keeping alwaies a small fire under.

*Dry Apricoks.*

Drain them and turn them in ears, or in round, then besprew them inwith sugar, in powder, and dry them in a stove.

*Another way of dried Apricocks.*

Take the hardest, and drain them, then seeth some sugar as for to preserve with it, put your Apricocks in it, yet something stronger; boyl them over the fire, and take them out; after that you shall glase them, and put them upon straw; if they are not dry enough, besprew

strew them with sugar in powder, and dry them before the fire.

*Conserve of Roses.*

Take roses of Provence, the reddest you can get, dry them as much as you can in a silver plate or dish over a sma' fire, and stirre them often with your hand; after they are ver-ry dry, stamp then in a mortar, and then pass them through a very fine bolting sieve; then allay them with the juice of lemon, over which you shall put half an ounce of Roses beaten into powder; and for want of juice of lemon, take verjuice: Take some fine sugar, and seeth it to the plume, that is, till the first skin, or crust is seen on the sugar, when it is boiled enough; after it is sod, take it off from the fire, and whiten it with a wooden slice, or espatory, then put in your roses until your conserve hath taken a colour; if by chance your sugar was too much sod, mixe with it the juice, or halfe the juice of a le-mon, proportionably to what you thinke fit-ting, then let your conserve cool a while and take it out.

*Conserve of lemon.*

Tyke a lemon and grate it, put the grating of it in water, and after a while take it out and dry it moderately before the fire. Take some sugar, and seeth it, the first plume or skinne, as it shall make; take it off the fire, and put the grating of your lemon in it, and whiten it wi: h the wooden slice, and put in a

little of juice of lemon, which is necessary for it, then make up your conserve.

*Conserve of pomegranate.*

Take a pomegranate, and preſſe it to take out the juice; then put it on a ſilver plate, and dry it on a ſmall fire, or on ſome warme cinders; ſeeth your ſugar till the plume or ſkinne appeare, and more then others; after it is well ſod, take it off of the fire, and whiten it; then put your juice in it, and take out your conserve.

*Conſerve of pistachies.*

Take pistachies, and ſtamp them, ſeeth the ſugar till the plume or ſkinne appeare, and then whiten it; afterwards put in your pistachies, and ſtirre them in it, then take up your conſerve upon paper.

*Conſerve of fruits.*

Take lemon peele, pistachies, apricocks, and cherries, cut them into ſmall pecces, beſtrew them with powdered ſugar, and dry them neere a ſmall fire; take ſome ſugar, ſeeth it till the plume or ſkinne appears ſomewhat ſtrong, then without taking it off the fire, put your fruits in, and when you perceiue the ſame plume or ſkinne, take it out, and whiten it, and when you ſee a ſmall ice on it, take out your conſerve with a ſpoon.

*Slices of gammon.*

Take ſome pistachies ſtamped by themſelves, ſome powder of roſe of Province by themſelves, allayed with the juice of lemon, and

and ſome almonds ſtamped into a paſt alſo by themſelves, and thus each by it ſelte; ſeeth about one pound and a half of ſugar as for conſerve; after it is ſod, ſerve it into three parts, whereof you ſhall put, and preſerve the two upon warme cinders, and into the other you ſhall poure your roſes, and after you have allayed them well in this ſugar, poure all together into a ſheet of double paſper, which you ſhall fold up two inches high on the four ſides, and pinne it with pinnes on the four corners; after this when this first ſugar thus poured ſhall be halfe cold, and thus coloured, take off your almondes, mixe them into one of the parts of ſugar left on the warme cinders, and poure them over this implement, & do the like alſo with pistachies; Then, when all is ready to be cut with the knife, beat down the ſides of the ſheet of paſper, and cut this ſugar into ſlices of the thickness of halfe a crown.

*White fennell.*

Take fennell in branches, and cleſe it vwell; dry it, and when it is dry, take the vwhite of an egge, and vwater of orenge flower, beate all together, and dip the fennell into it, then put ſome pouvder ſugar over it, and dry it neare the fire upon ſome ſheets of paper.

*For to make red fennell.*

Take the juice of pomgranat vwith the vwhite of an egge, beate all together, and dip

your fennell in it, put povder of sugar to it, as to the other, and dry it at the Sun.

For to make blew fennell.

Take some turnefol and grate it vwater, put in a little povder of Iris, and some white of egges, beate altogether, and dippe your fennell into this water, and then put in soine powder sugar, and dry it as the other.

For to whiten gilliflowers, roses, and violets.

Take the vwhite of an egge, vvith a small drop of flovver of orange vvater, beate th.m together, and steepe your flovvers in it; then take them out, and as you take them out, shake them, put povder sugar over them, and dry them neere the fire.

You may use the same way for to whiten red corants, cherries, respasles, and strawerries.

Cherries liquid.

Take the fairest you can, and take out the stones, some sugar proportionably to your cherries, and boyl them together untill the sirrup be vwell made, and sod as much as you shall think fittng: if you vvill at the same time take out some day, draine up a portion of the same cherries, and take some sugar, vvwhich you shall seeth into a conserve, put in your cherries, boyle them, and take them out.

Plummes of all sorts, liquid.

Take plummes and prick them, then throw them into a bason of boylng water, and boil them

th.m softly a little while; let them steep in fresh water, and drain them, then seeth your sugar a very little, powr your plummes into it, and boil them in it a while; then set them in the stove, if you will; or else, if you find them not enough, boile again your sirrup a while, put in your plummes again, and boile them y.t a little.

Green Almonds.

They are made ready as the apricocks.

Verjuice or green grapes liquid.

Take the fairest you can get, and take out all the seeds; boil some water, and let your green grapes steep a little in it, then put them into some sugar a little sod, and boile them seaven or eight high boilings, and take them out.

Dry grape Verjuice.

Drain it wel, seeth some sugar into a conserve, and put your sugar verjuice in; set it en the fire, & cause it to take the same seething as it had when you have mixed it, so that the plummie, or skinn, or crust of it be very strong.

Bottoms of hartichocks.

Take of bottoms of hartichocks what quantity you will, pare them altogether, and take out the choak carefully, then boyl some wa-  
ter, put your hartichockes in, and let them ly therein, untill they be very well sod; then put them into sugar, and boil them therein four or five boylings, and let them rest in ir, then draine them, and take them out.

## Buds of roses dry.

Take the buds of roses, give them five or six pricks with a knife, and boile them tene or twelve boylings in water, then take some sugar, melt it, put your rose budds in, and let them yet boile eight or tenn boylings. For to make them dry, use them as you doe orenges, whereof the making is set downe a little belowe.

## Pomecitron.

Take good pomcition, cut it into slices and put it into fresh water with one handfull of white salt; let them steep five or sixe houres, and then boile them in water untill they be sod; take them out, and draine them, then take some sugar, and boile it, and put into it your slices of pomecitron, seeth them againe in the sugar proportionably, and take them out.

## Lemons whole.

Peele them to the white, and cut them at the sharp end, boile some water, and put them in, untill they be half sod; take them out, put out the water, and put them in againe in other water boyling very high, and make an end of seething them in it. Take them out and put them in fresh water, then melt some sugar, and put your lemons in it.

## Orenges.

Take the reddest, and the smoothest, or the yellowest, pare them and slit them at the end

end, and let them steep two whole daies in fresh water, which you shall change twice a day, boile some water in a bason, put your orenges in it, and seeth them half, take them out, and make an end of seething them in other boyling water, then set them a draining, and take some sugar proportionably to your orenges, with as much water; boile all with your orenges with high boiling, then take them out, and draine them.

## How to make white walnuts.

Take walenuts, pare them to the white, and steep them in water six whole dayes, and doe nor taile to change the water twice each day, then seeth them in water, and when they are sod, stick them with a clove, with cinnamon, and with a slice of preserved lemon; then take some sugar, and seeth it, put your walnuts in, and let them boile in it ten or twelve waines, then take them out, draine them and dry them.

## Paste of Apricock.

Take them very ripe, and pare them, then put them in a panne without water, and stirre them often wied a scimmer, untill they be very dry; take them off of the fire, and mixe them with as much sugar sod into a conserve, as you have of paste.

## Paste of Cherries.

Take some Cherries, boyl them in water, and passe them through a sieve; on a good quart of pap of cherries, put fourc ounces of pappe

Pap of apples, which you shall seeth and straine also; mixe all together, dry it, and make it ready as abovesaide.

*Paste of Gooseberries and of grape of Verjuice.*

They are made the same way as that of Cherries.

*Paste of Quinces.*

Take Quinces, seeth them whole in water, and passe them through a course sieve, then dry them in a panne over the fire, as the aforesaid, mixe them with sugar, and give them five or six turnes over the fire, without boyling, make them ready halfe cold, and so of the rest.

*How to make some marchepaine.*

Take almonds and peele them, steep them in water, and change it untill the last be cleare all together, stampe them with the white of an egge, and water of orange flowre, then dry them with a little sugar over the fire, after this you shall stamp them fourre or five blowes in the mortar, and worke them as you will.

*How to make cakes of Cherries, Apricocks, pistaches, and Almonds.*

Take of Cherries, or of Apricocks, what you will, stamp them in a mortar with sugar in powder, untill they be stiffe enough for to be wrought, bake them before you glase them, and glase them at the top and underneath. The Pistaches and Almonds are made ready more easily, and are easier to make cakes with.

For

For to make the sheets of them, steep some gum in water of orange flowers, stamp your almonds, or pistaches, in a mortar with a peece of gum; allay all together with sugar in powder, then make & work up a past as you will.

You may of the same paste make a glasing very clear, mixing a little musk with it, & be careful to cleanse it well at the top, then cut it in length, round, or in any other form.

The baking of it requires a great care and circumspection; put it in the oven, or in the tourte pan with fire under and above, but a little less above.

*How to make other light pasts.*

Take the white of an egge, beate it well with a little water of orange flowers, and allay it with a few pistaches or almonds what you will. Work them very well with some sugar in powder, and put in a little musk; bake this in a tourte pan with a few hot cinders both above and under.

*How to make a tourte after the Combalet fashion.*

Take three yolkes of eggs witho it any whites, half a pound of lemon peel, with some water of orange flowers, & some mus; stamp a lemon peel, mix all together, and dry it with a handful of sugar, in beating of it; then put all in a pan, and give it three or four turns over the fire; make up a tourte, and put it in the tourte pan with some sugar in powder upon and under, and close it up, and put some fire round about it; when it is halfe baked, take it up.

up, and set it a drying in the oven.

*How to make some small sheets of paste glased.*

Take all sorts of dry fruities, and stamp them with water of orange flowers, fill your sheets of past with these fruits, which will form up a certain thickness, capable and fit for to glase them, leave a little of it at the top, and bake them in the tourt panne until the glasing be risen up: which to bring to palls, put some fire upon, and none under.

*How to make the sirrup of cherries.*

Take some cherries, press them, and take out the juice, strain them, and give them two or three boilings over the fire, then put in some sugar proportionably, three quarterns for one quart of juice. The sirrup of Raspberries is made alike.

*How to make Lemonade.*

It is made several waies, according to the diversity of the ingredients. For to make it with jalsomine, you must take of it about two handful, infuse it in two or three quarts of water, and there leave it for the space of eight or ten houres; then to one quart of wafer you shal put six ounces of sugar: those of orange flowers, of muscade roses, & of gilli flowers are made after the same way. For to make that of lemon, take some lemons, cut them, and take out the juice, put it in water as above said, pare another lemon, cut it into slices, put it among this juice, and some sugar proportionably.

That...

That of orange is made the same way.

*How to make dry Quinces.*

Take some Quinces, pare them, and boile them in water; take them out and put them into some boiling sugar, when they are sod, take them ont, and powre them into sod sugar, out of which take them out, and dry them as the oranges and other fruits above-said.

*How to make white hippocrast.*

Take three quarts of the best white wine, half a pound of sugar more or less, an ounce of cinammon, two or three majoram leaves, two corns of pepper unstamped, passe all through the straining bag with a small corne of musk, and two or three pecces of lemon, after that, let all infuse together for the space of three or four hours.

The claret is made with claret wine, with the same ingredients, and in the same way.

*How to make whipped cream.*

Take a quart of milk, and put it into an earthen pan with about a quarter of a pound of sugar; take also one pint of sweet creame, which you shall mixe with your milk by degrees as you are whipping of it with rods, you shall by degrees take off the scum, and put it in a dish after the form of a pyramid.

*How to make sodden cream.*

Take some sweet cream, with one quart or two of Almonds well stamped, then mixe all in a pan, stir it, and seeth it on a smal fire, and when

when you perceive it to become thick, take two yolks of eggs, allay them with a little sugar in powder, powre them into your cream, and give it yet four or five turnings.

*How to make the English cream.*

Take sweet cream, and make it somthing lukewarm in the dish wherein you will serve it; then take the bignesse of a corn of wheat of runnet, and allay it with a little milk.

*How to make geele of gooseberries.*

Take some gooseberries, pull them, and straine them through a napkin; measure your juice, and put neare upon three quarters of sugar to one quart of juice; seeth it before you mixe it, and seeth it again together; after they are mixed, try them on a plate, and you shal know that it is enough, when it riseth off.

That of rasberries is made the same way.

*How to make the gelee of grape verjuice.*

Take verjuice, and give it one boyling in water, strain it through a course linnen cloth, and seeth some apples, the decoction whereof you shall mixe with it, and the rest as above-said.

The gelee of cherries is made the same way.

*How to make the gelee of apples.*

Make a decoction of your apples, strain it through a napkin, and mixe with it three quarters of sugar, or thereabouts to one quart of decoction, &c.

*How to make the gelee of Quinces.*

Make also a decoction of quinces; make it also.

also a little reddish, strain it through a napkin, and put it with sugar as the others.

*How to make bisket.*

Take eight eggs, one pound of sugar in powder, with three quarters of a pound of flowre, mixe all together, and thus it will be neither too soft nor too hard.

*How to maze Maccaron.*

Take one pound of peeled Almonds; steep them in fresh water, and wash them until the water be cleare, drain them, and stamp them in a mortar; besprinkle them with three whites of eggs, instead of water of ornge flowres, put in a quartern of sugar in powder, and make your paste, which you shall cut upon the paper after the forme of Maccaron; bake it, but take heed you give it not the fire too hot; after it is baked, take it out of the oven, and set it up in a place warm and dry.

*How to make the marmalat of Orleance.*

Take fifteen pounds of Quinces, three pounds of sugar, and two quarts of water, boil all together; after it is well sod, drain it by little and little through a napkin, and take out of it what you can; then put your decoction in a bason with four pounds of sugar, seeth it; for to know when it is enough, trie it on a plate, and if it doth come off, take it quickly from off the fire, and let it up in boxes, or icmewhere else.

## *The French Cook.*

### *How to make Strawberries.*

Take the paste of marchepaine, roule it in your hands into the shape of strawberries, then dip them in the juice of Barberries, or of red corants, and stirre them well; after this, put them in a dish, and dry them before the fire, and when they are dry, dip them againe three or four times in the same juice.

### *How to make the Caramel.*

Melt some sugar with a little water, and let it seeth more then for a conserve, put into it some sirrup of capilaire, and powre all into fresh water.

### *How to make Muscadin.*

Take the powder of sugar, a little of gum Adragan, which you shall steep in water of orange flowres, stamp all together, make it into muscadin, and dry it afaire off before the fire, or at the sun.

### *How to make snow paste.*

Take powder of sugar, and gum adragan proportionably, stamp all together, and put in some good water, then make up your sheet of paste.

### *How to make a cake of pistaches.*

Take halfe a pound of powder of sugar, a quatern of pistaches, a penny worth of gum adragan, and one drop of sweet water, stamp all together, and when the paste is made, make your cakes of the thicknesse of a half crown, and bake them in the oven.

*Rasb.*

## *The French Cook.*

### *Rasberries preserved.*

Make your sirrup with the decoction of apples, when it is well sod, put your rasberries in, give them only one boiling, take them out, and put them where you will to keep them.

### *Quinces liquid.*

Take them very yellow, and without spots, cut them into quarters, and sceth them in water, untill they be well sod, and very soft; then draine them, and put your sugar in the same water, which you shall seeth a little more then sirrup; put your quinces in again, and put in their seeds, taken out first and wrapped into a linnen cloth, to give them a colour, and when they are enough, take them out.

### *For to make a compost of Apples.*

Take some pippins, and pare them very smooth, and without spots; if they are big, cut them into four quarters, if they are small, cut them into halves, and take out the seeds, and all other superfluitiess, as you pare them throw them in water, and after they are all in, put the water and apples in a panne, with some sugar, to the proportion of a quartein and a half to eight great apples, and a little cinammon; instead of which in winter, when the apples have lesse juice, you may put one glas of white wine; boile all untill the apples be soft under your fingers; then take them out pece by pece, and presse them between two

## The French Cook.

Two spoones, and set them on a plate, then strain your sirrup through a napkin folded double; after it is strained, put it in the pan again, for to make a gelee of it, which you shall know to be sod, if you take some with a small spoon, and that the drops doe fall like small peeces of ice; then take it off from the fire, and when it is half cold, put it over your apples, that are set on the plate.

### Compost of apples John.

It is made the same, but that the skin must not be taken off.

### How to make marmalat of apples.

Take ten or twelve apples, pare them and cut them, as farre as core, and put them into cleer water; then take the apples and the water wherein they do sleep, with half a pound of sugar, or less if you will, powre them into a pan, leeth them, as they seeth crush them, least they should burne; and when there is almost no more water, strain all through a straining sive. Take what you have strained, and put it in the same againe, with the gating of half a lemon, or oringe, before steeped above a quarter of an hour in some warme water, and strained through a linnen cloth, for to know, & take out the bitterness of it; as they seeth, stirre alwaies, least your marmalat doe burne; you may know that it is sod when it is as in a gelee, and sheweth less moistnes; and when it is as it ought to be, take it off of the

fire, and spread it with a knife, the thickness of two half crowns.

### How to make the compost of pears.

Take what pears you will, so they be good, pare them, and take out the cores, the hardness which is at the head of the pearre, and other superfluities, as of the apples; If they are big, cut them into halves or quarters, if they are small, into three parts; then put them in a pan, with water, sugar, and some cinammon; when they are half sod, powre into them a glasse of strong red wine, and keep them alwaies covered close, because it causeth them to become red; give them as much seething, or thereabouts, as you would give to the sirrup of other preserves.

### Another way.

Bake some pearres in warme cinders, when they are baked, pare them, cut them into halves or quarters, according to their bigness, and take out the inside; make a sirrup with sugar, and the juice of a lemon, or the water of oringe flowers; powre your pearres into this sirrup, and give them one boyling; then put them on a plate.

### How to make great Chesnuts after the Timofine.

Seeth some of these great chesnuts after the ordinary way, when they are sod, peele them, & in peeling them, flat them alittle between your hands; let them on a plate, & take some water, sugar, & the juice of a lemon, or water of oringe

orenge flowers, make a sirrup with it, when it is made, powr it boyling upon your mrons, and serve them hot or cold.

*Another way.*

If you wil blanch them, take the white of an egge and some water of orenge flowers, beat them together, dip your chesnuts in it, and put them in a dish with some powder of sugar; Rowle them untill they be covered with it, then dry them neare the fire.

*How to make the compost of lemon.*

Make a gelee of apples, and seeth it, after it is sod, take a big lemon, pare it very thick, and neere the juice, cut it in two, and in length, and divide these two parts into many slices, take out the seed, and throw these slices into your gelee; give it ten or twelve boilings, so that your gelee may yet have its first seething; take it off of the fire, and let it become half cold; fill a plate with lemon slices, and cover them with your gelee.

*How to make lemon past.*

Take some sugar in powder, and some whites of eggs with a little of the grating of the substance of the lemon, stamp all together in a mortar, and if perchance there were too many eggs, put in some flowre of sugar, so with stamping you may bring what is in your mortar into a paste fit to be wrought; work it after the ordinary manner, and your cakes as you will, after the thicknes of halfe a finger, or less

lesse if you will. Bake them upon paper in the oven; or in a tourte pan, with fire above and under, with mediocritie. Have a care that they become not yellow, and as soon as you doe perceive that they begin to take that colour, take them out, for they are enough.

*How to make Savoy Bisket.*

Take six yolkes, and eight whites of eggs, with one pound of sugar in powder, three quarters of a pound of good flowre made of good wheate, and some anise-seed, beat all well together, and boyle it; make a paste neither too soft nor too hard; if it is too soft, you may mixe it with some flowre of sugar, for to stiffen it; when it is well proportioned, put it into moulds of white tinne made for the purpose; and then bake them half in the oven; when they are halfe baked, take them out, and moisten them at the top with the yolks of eggs; after that put them in the oven again, to make an end of baking; when they are so baked that they are not too much burned, nor too soft, take them out, and set them in a place which is neither too coole, nor too dry.

*FINIS.*